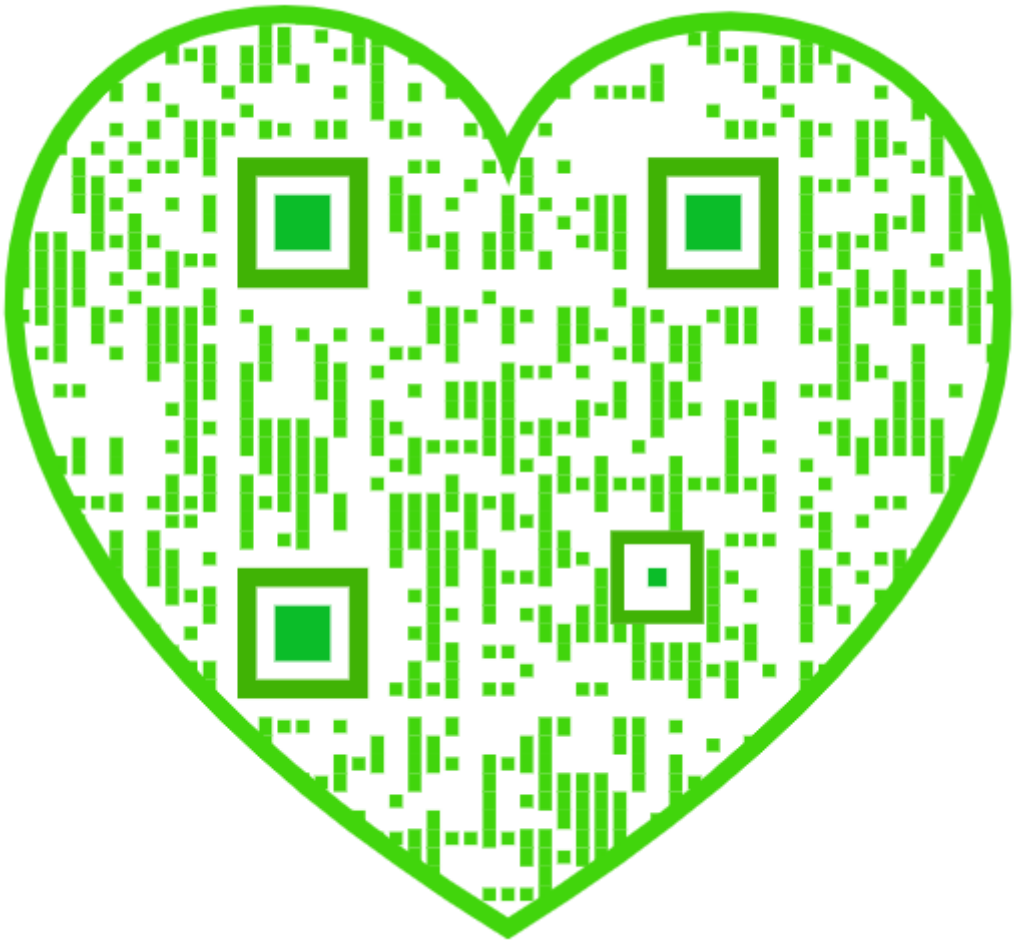
Yours truly
D. Granger



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THE

MAGNETIC AND BOTANIC FAMILY PHYSICIAN,

AND

DOMESTIC PRACTICE OF NATURAL MEDICINE,

WITH

Illustrations showing Various Phases of Mesmeric Treatment,

Including Full and Concise Instructions in Mesmerism, Curative Magnetism, Massage, and Medical Botany.

A Complete Diagnosis of all Ordinary Diseases, and how to treat them by simple, safe, and natural means; also Careful Directions for the Infusion of various Medicines and Tinctures; the Composition of Pills and Powders; the Preparation of Medicated Oils, Salves, Liniments, Poultices, Toilet Requisites; all kinds of Baths, and other Sanitary Appliances.

BY

D. YOUNGER,

PROFESSOR OF MESMERISM, MEDICAL BOTANY, AND MASSEUR.

"The first care of the true Physician should be not to injure his Patient."
DR. DIXON.

FIRST EDITION.

PUBLISHED BY
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DEDICATION.

THESE PAGES ARE RESPECTFULLY INSCRIBED TO

E. B. F., Esq.,

IN GRATEFUL ACKNOWLEDGMENT OF MANY ACTS OF KINDNESS AND MUCH VALUABLE ASSISTANCE IN THE COMPILATION OF THIS WORK; ALSO, AS A TESTIMONY OF MY AFFECTIONATE REGARD, INSPIRED BY THE NOBLE SENTIMENTS OF HIS GENEROUS, MANLY DISPOSITION.

THE AUTHOR.

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PREFACE.

WITH an experience of nearly forty years as a professional practitioner of mesmerism, I now come forward to demonstrate the wonderful resources of this science, especially in its application to the alleviation of suffering and cure of disease.

The results I have been able to accomplish by this natural method of treatment, in conjunction with the various herbal remedies I recommend, have, in many cases, been most surprising, never failing to afford relief, and often effecting a permanent cure, after all the usual orthodox methods have been tried in vain.

The purpose of this work is to supply a complete guide by which the various diseases may be as effectually treated by those with uncultured intellects as by the highly educated scientist, and, for that reason, comprises full instructions for the development of all the phases of mesmerism; a complete herbal, containing a full description of the medicinal properties of all the herbs recommended; a categorical diagnosis of all the ordinary diseases to which mankind is subject, with precise instructions for treatment by magnetism, botanic medicine, massage or medical rubbing.

I do not profess to deal with mesmerism purely as a science, but prefer to indicate its value as a curative agent, according to my personal experience. Unfortunately, some writers have asserted that there is danger in the practice of this science, rendering it unsafe in the hands of all but the orthodox medical practitioner: this, after many years of close observation, I emphatically deny. The mesmeric influence properly and carefully induced is always beneficial; and the real power of healing is not an acquisition attainable by any physical or mental exertion, but, the development of a subtle psychic force, which, in a more or less degree, is common to all.

This force, I fully believe, holds together or binds the elements of Nature, permeates all animate or inanimate objects, and, in some form, endows every atom of the universe.

With the ordinary medical practitioner, any path out of the beaten track of custom, is, without hesitation, condemned; yet few, if any, can be ignorant of the researches of some of our ablest investigators, many of whom are, and have been, prominent members of their profession. They must also be fully aware of the fact, that, for years past, induced clairvoyants have been, and are, frequently employed in private practice, and in many of our hospitals, for the diagnosis of diseases which have baffled all normal intelligence; also of the value of mesmeric passes in rendering patients insensible to pain, during surgical operations. Under these circumstances, I regret to have to protest against the insulting opposition, often accompanied with uncalled for abuse, that I frequently have to submit to; yet, feeling as I do that I am an instrument in the hands of a higher power, influenced and guided to accomplish some of the most wonderful results, I am often thankful for the overwhelming sense of pity that supplants all feelings of resentment, and helps me to bear patiently with these assailants. Having acquired the special attainments that confer the rights and privileges they enjoy, one naturally expects the higher standard of culture to be evidenced by a courteous consideration of facts, which are supported by incontrovertible evidence; or, at least, the respect that should be commanded by the straightforwardness that does not condescend to mystify in order to force an imaginary conviction; or, as I fear they often insist upon in their own practice, unreasoning compliance with dogmatic assertions.

Such treatment may dishearten those who are not sustained by the convictions resulting from a careful study of this absorbingly interesting science; nevertheless, I urge all sincere enquirers after truth to disregard these prejudices, and to steadily persevere.

I hope to show that this power, accessible to all (in common with other spiritual gifts), if well understood and properly imparted, is not only capable of restoring an equilibrium of the vital forces, but of infusing new life power, rapidly relieving pain, and restoring health to the sick. It is the great panacea by which the most startling cures the world has ever witnessed have been accomplished, and is so palpably one of the laws of Nature that it does not require any scientific training to be able to demonstrate the fact; and, fortunately, will continue to exert its mighty

influence throughout the universe, without the sanction of those who try to misrepresent and condemn it as supernatural and mysterious.

One evidence of this power is the virtue that emanates from a good man, be he prince or peasant—the happy, healthy, energising influence perceptible in those of a pure, noble disposition. It is the healing power that passed from Peter to the cripple at the gate; that Paul sent in handkerchiefs and aprons; and that went out from the Master Teacher into the poor sick woman, and gave her life. It may be different in degree, in various individuals, but not in kind, and is as subservient to the human will to-day as in those remote ages.

The command of Jesus to "Heal the sick" was not restricted to his disciples; and if considered perfectly safe in the hands of simple fishermen *then*, surely the uncultured of the present day may be trusted. The only danger to be feared is ignorance of the simple necessary precautions that must be observed, which, disregarded by rash, curious, superficial experimenters, generally result in difficulties.

On the other hand, a truly noble career, with possible attainments superior to any of the ordinary pursuits, is open to every earnest and intelligent enquirer, whose mind is not warped by elaborate theories and far-fetched speculations. Many who find that they have the power of imparting health to those who need it, although unable to revivify systems worn out by age or the abuse of Nature's laws, will feel their life a realisation of noble purposes, and a continual incentive to higher aspirations, by grasping the advanced teachings of this science.

Souls in sympathy are, by this subtle power, attracted to each other; and, although many grades may lie between them, the influence of the higher, drawing from a purer source on which it is dependent, elevates the lower. Fervently should we strive to spread the knowledge of this divine influence, dispensing temporal and spiritual blessings to humanity.

Disregarding the fact that our experience in this life should prove an evolutionary process to fit us for the next higher, many live in a manner utterly at variance with their vague notions of the heavenly existence to which they are hurrying; and, if the study of this science, in its higher phases, only revealed the fact that *death* to this life meant *birth* to its continuation, *with altered conditions only*, many would abandon the gross sensuality of their present lives, and strive after a more spiritual existence. The contemplation of the change, under these circumstances, would be

a constant source of gratification as opposed to the continual dread of those whose prospects of immortality are discounted by a life of misdeeds.

Here is a large field of labour and plenty of room for many workers. Those of strict integrity, capable of keeping the paths of spiritual virtue; also of guarding against the allurements of easy popularity and worldly gain, will ever be welcome, and I heartily pray that my humble efforts may cause some noble-minded fellow-workers to arise, and help to save those around us afflicted with physical and mental diseases; often aggravated by poverty, and, as a consequence, enduring every privation in squalor and wretchedness. To save such, as I understand it, is to make them hopeful and healthy; to lead out their spiritual aspirations, and to educate them to a proper understanding of the primary laws of life. It is blasphemous to assert that disease is sent by God as a punishment, &c., and must be submitted to accordingly. Is it not rather the rod impartially employed by outraged Nature to warn the disobedient that they must not, whether from ignorance or sinful neglect, disregard her laws for the regulation of health? Exhortations to humility and contentment, under our present circumstances, must miserably fail. Mankind will exhibit these qualifications when made whole spiritually as well as physically.

D. YOUNGER.

22, Ledbury Road,
London, W., April, 1887.

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THE MAGNETIC AND BOTANIC FAMILY PHYSICIAN.

CHAPTER I.

THE VARIOUS PHASES OF MESMERISM—ODYLIC AURA—ACQUIREMENTS NECESSARY IN A MESMERIST—INSTRUCTIONS FOR MAKING THE PASSES—PRECAUTIONS TO BE OBSERVED—THE DIFFERENT PASSES DESCRIBED.

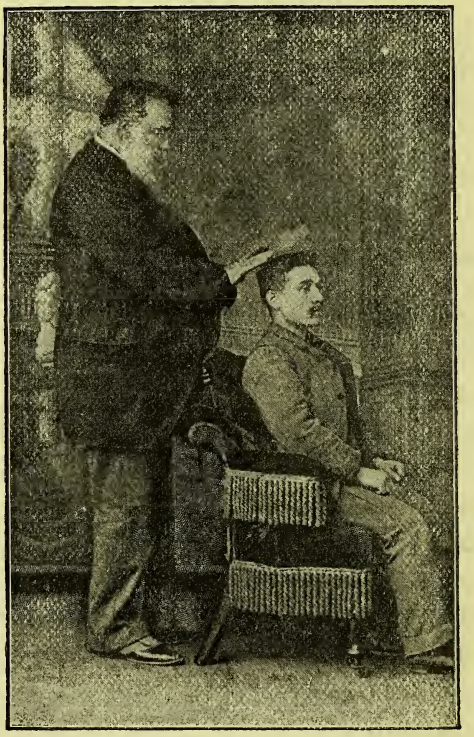
THE phases of Mesmerism are capable of classification from the phenomena obtainable in the different stages which indicate the various conditions induced.

ANIMAL MAGNETISM is the first stage; ELECTRO-BIOLOGY, or PHRENO-MESMERISM, the second; the proper MESMERIC SLEEP, the third; with CLAIRVOYANCE and CLAIRAUDIENCE, spontaneous developments, and ECSTASIS, the fourth, or most advanced stage.

That mesmerism is not imaginary, but a real, palpable force, is demonstrable to the satisfaction of any reasonable person by, at least, the senses of sight and feeling. Baron von Reichenbach, after a series of earnest scientific investigations, with over 100 different persons, has ascertained that the human body exerts an influence identical with that of the magnet, and that this influence, which he calls

Odyle, can be seen as a luminous aura by certain persons under proper conditions.

In my own experience, I have had many very sensitive persons assert, that they can see the mesmerism flowing from my fingers like phosphorescent streaks of light.



THE MESMERIC AURA.

As to the sense of feeling, there are few persons of strict veracity, unbiased by prejudice, who would not be forced to admit a sensation of some sort, as the result of a number of passes by a powerful mesmerist; or, if still unconvinced, let such a person witness the control of the sense of feeling illustrated

by a painless surgical operation, performed under the influence of mesmerism as an anæsthetic.

My object is not to try to convince the sceptic by arguments. I will, therefore, proceed to give minute, careful instructions as to the best methods of inducing the various mesmeric states, and the precautions to be observed.

The operator must first of all acquire a graceful, easy action, which cannot be done without considerable practice. Nothing so clearly indicates a novice as an awkward attitude and clumsy motion of the arms. The physical exertion necessary to accustom the beginner to the fatigue of continuous passes, is much greater than is generally supposed, and I always recommend practice in private, on some object representing a human being.

As I have found it necessary to remind many that the hands should be scrupulously clean, the nails short and free from dirt, I trust that those to whom such a caution is superfluous, will excuse my drawing attention to this primary desideratum.

The following instructions for making the mesmeric pass will serve equally well in the practice as above recommended :—

Place your subject in a comfortable position, by preference, seated ; then assume an easy attitude standing or sitting ; if the latter, directly in front of your subject, elevated a few inches higher, and with the knees outside and just clasping the subject's ; elevate the hands over the subject's head, the fingers slightly separated, the palms downwards towards the subject, and, with the finger-tips within two or three inches, pass both hands simultaneously from the crown of the head, down the face, to the chest : now close the hands, as if grasping some slippery sub-

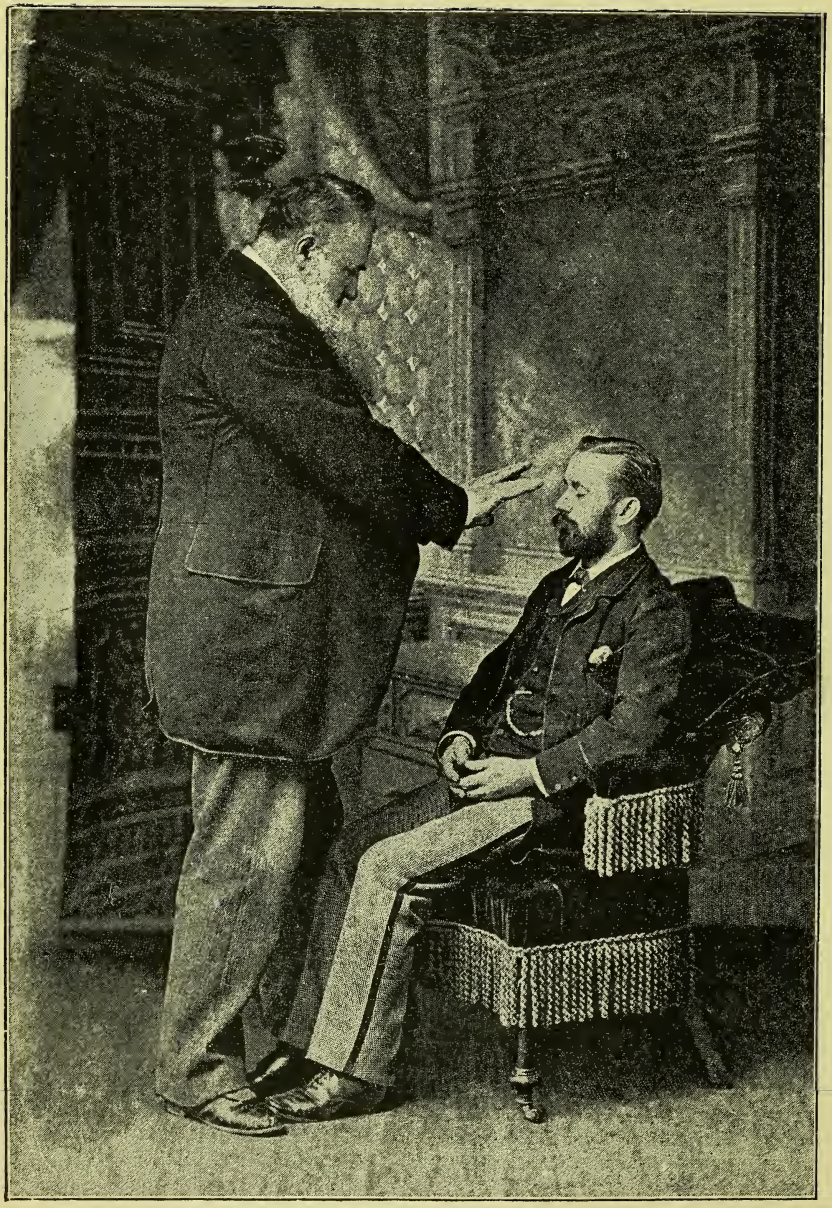
stance, throw them back a convenient distance, and, with a graceful semicircular sweep, elevate them above the head, then opening the hands, dash the imaginary slippery substance on the top of the head, and repeat the pass, as often as desired.

Carefully observe that you are at all times easy and graceful; that your fingers come within two or three inches of contact; that you always keep the palms of the hands towards the subject, in downward or upward motions; that all upward motions be made with the hands as far as conveniently possible from the subject, otherwise, the effect of the downward pass is counteracted; that you use, with so much will-power as you feel necessary, just sufficient energy, without causing a current of wind to fan the subject's face, as this would be another means of destroying the mesmeric influence; and very particularly note that if the subject's breathing becomes laboured, it indicates that the lungs or heart are overcharged, and must be relieved either by occasionally continuing the pass down the whole of the body, and off at the toes; or from the chest, down the arms, and off at the fingers: these are what may be termed the outlets.

All passes are simply this one applied in various positions, or to different parts of the body, for certain purposes; the following, are to ensure special objects:—

The tremulous pass.—This is a slow vibratory, centripetal motion of the hands, as close as possible to the subject, without touching, except when applied to the spine for curative purposes, then, considerable pressure may be used. This pass is employed with subjects that are difficult to impress.

The drawing pass.—With this pass much energy and determination must be displayed, your subjects



MAKING THE MAGNETIC PASS, FOR PRODUCING OR DEEPENING THE MESMERIC SLEEP.

are at a distance and your object is to draw them towards you. Imagining that a band of the slippery substance, before mentioned, proceeds from the chest of each subject to your own, you dart out your hands from the shoulders, and grasp these imaginary bands, without closing the hands entirely, and draw them towards your own chest. Although, at a distance, and with obstacles intervening, a sensitive subject will soon be affected, and come with a rush.

Another drawing pass I consider more powerful, though seldom used, is a movement similar to underhand bowling at cricket: as a cricket ball is thrown, so you in imagination throw a cord, stamping your foot as your hand leaves your side, and when you imagine the cord has reached the subject, with a graceful sweep upwards, you draw the cord towards your body; the result is generally more effective, though this method is less frequently employed.

In all mesmeric influences the effects are indicated in many ways, and differ with nearly every subject; but, with these drawing passes, the general symptoms are a rigid, peculiarly vibratory attitude, with slight spasmodic jerks: the upper part of the body will lean forward and the subject will appear as though drawn unwillingly towards the operator, sometimes slowly, but, occasionally, with such a rush, that if the mesmerist be not prepared, the subject comes with so much force against his chest that he will be felled to the floor. This is best prevented by the repelling pass; or, an experienced operator would dexterously touch the subject on the organ of individuality, and stop him immediately.

The repelling pass.—This pass is the reverse of the drawing pass, with the palms of the hands to-

wards the subject, and the fingers pointing upwards: a quick pushing motion, made from the shoulder outwards as if striking at the subject with the cushion of the hand.

The reverse or upward pass.—This pass is for removing an influence, and is the reversal of the pass by which the influence was produced. Apart from the liberating effect of the upward pass, some curious phenomena are often produced. In its application to the spine, from the lower part to the top, then up the sides of the head to the crown, and upwards, some subjects will be lifted on to the toes, and elevated so long as the passes are continued; and, if not careful, might fall.

There is some danger in applying this pass to a full-bodied person, as it produces an upward motion of the vital forces, and nausea, sometimes violent sickness: yet, with a good sensitive, I think the subject could be floated without mechanical aid, and contrary to the laws of gravitation.

The demesmerizing pass.—This pass is made across the subject's face. Place the hands back to back, close to the subject's face, then separate them violently, at the same time blowing a cold wind with considerable force on the subject's eyes, saying very decisively "Now you are awake."

An expert seldom uses this pass, as, with an effort of the will, and a few dashes with a handkerchief any influence can, as a rule, be removed; yet this pass is very valuable, and, at times, absolutely necessary, where, for healing purposes, it is necessary to disperse the emanations from the patient, or to dispel some baneful influence before applying the regular mesmeric pass. It is also used in the treatment of some diseases.

THE REVERSE OR UPWARD PASS, FOR DEMESMERIZING.

Having completed a system of passes, I will add a few general remarks applicable to the practice of them all.

It is always desirable to make a long pass over the whole of the body, from head to foot, at intervals, in order to equally distribute the influence throughout the system.

The different passes should be applied, according to requirements, in various degrees: from the quick, energetic, or even violent, to the slow, gentle, calm. The will-power should correspond, to co-operate in producing the desired result; and when, as is sometimes the case, a superior extraneous influence is perceived, passive resignation to the will of those Angels and Ministers of Grace by whom we are ever surrounded, should be gratefully observed.

When the beginner has acquired a thorough knowledge of the uses of these various passes, and some skill and practice in their application, he may proceed to induce the various mesmeric states.

CHAPTER II.

QUALIFICATIONS OF A SUCCESSFUL MESMERIST—QUALIFICATIONS OF A SUBJECT—TESTS TO DETERMINE SUSCEPTIBILITY IN CHOOSING SUBJECTS—PRECAUTIONS IN MESMERIZING—THE TIME AND EFFORT NECESSARY TO PRODUCE THE MESMERIC INFLUENCE—THE VARIATION IN THE MESMERIC POWER—THE EFFECTS OF SYMPATHY AND THE DANGERS OF IGNORANT CURIOSITY.

It may be desirable in the first place, to intimate that the essential qualifications for a successful operator are vigorous health, patience, perseverance, firmness of will, with intense concentrative power, and thorough self-command, to ensure coolness and decision in the event of any difficulty arising.

Those studying this science with the object of utilizing the wonderful curative effects that can be produced, for the benefit of suffering humanity, will find the loving sympathy that prompts to such a noble career, a powerful factor, assisting and making such efforts an invaluable blessing in many homes. In the electro-biological or phreno-magnetic stage a thorough knowledge of the science of phrenology, with practical experience in its application, are *absolutely necessary*, or the operator would quickly find the phenomena he developed, very extraordinary, and, in all probability, dangerous to his personal comfort and dignity.

A person's complexion never indicates, as some suppose, the possession of mesmeric power. I have

met a great number of mesmerists of various shades of colour, from the true Saxon to the negro, yet, have never been able to trace the power to any other physical cause, than the possession of a well-balanced mental development, with intense concentrative ability. The physical or muscular development has no influence whatever.

The essential qualifications in a subject for mesmerism, are a real desire to be operated upon, and perfect passivity. To ensure this latter condition, complete silence must be enforced.

The prevalent opinion that nervous, hysterical temperaments, or persons of weak mind or body, are very susceptible, is not confirmed by my experience, as I often find such subjects very difficult to influence; whereas, many dogmatic, strong-minded persons, and those of superior mental capacity, erroneously considered unsusceptible, prove highly sensitive, often capable of being developed into very good subjects.

Although some profess to be able to tell, from personal appearance, the susceptibility of a person to the mesmeric influence: in England and abroad, with thousands of subjects,—the highly educated and the ignorant—I candidly confess, that, with my long experience, I have failed to discover any such indications. With extensive practice, one acquires the power of perceiving the sensitiveness of persons, yet, sometimes, may be mistaken, as, I must admit, I occasionally am. For this reason, I give a number of tests by which to determine the degrees of susceptibility, as it is desirable, at times, to select from a number, the most sensitive subjects, rather than those it would take a long time to develop; although some of these are often found to be the best and most interesting

subjects, when the necessary time can be devoted to them.

Tests to ascertain susceptibility, in choosing subjects. Place the persons proposed as subjects in comfortable positions, with their hands exposed palms upwards; you now make passes, according to the instructions already given, from the wrists to the tips of the fingers; after repeating these passes slowly, for a number of times, some will feel sensations of pricking or tingling, warmth, coldness, or numbness: these you select as sensitive. Similarly, passes from the knees off at the tip of the toes, will produce the same symptoms, in suitable subjects.

In making passes over any member of the body, the part may become rigid: the operator must always remember to restore it to normal condition, by a few demesmerizing passes, by reversing the pass, or by blowing sharply in the opposite direction of the pass.

The most interesting method, but, unfortunately, only available with highly sensitive persons, is to place yourself in a position to command a view of your doorstep, or a portion of the pavement in front of your house; then, by concentrating your will-power on a certain spot, you can cause a sovereign, or any article you like, to attract attention, to appear to any sensitive who happens to come up to that spot. The sudden halt, then stooping to pick up the imaginary article, will reveal to you that the person is an exceptionally good subject.

In a crowded thoroughfare, this experiment would prove very amusing, and, probably, about 30 per cent. would be affected. It would apply equally well in a room, or anywhere, among a number of people; and afford an excellent joke.

There are other methods, especially the effect of

gazing, as in the primary efforts to induce the sleep; any susceptible person will quickly exhibit signs of the effect, which will become familiar to the operator, as an early part of his experience.

In mesmerizing, remember particularly, that, at all times, you, as the operator and master of the situation, must ever be self-possessed, calm, and decided, exercising indomitable patience and perseverance: never lose your temper, but submit to failures and apparent contradictions, as willingly as you accomplish successes; above all, never incur the risk of the probable difficulties that may arise from an excess of zeal. There are limitations and idiosyncracies to be allowed for, and you will find every subject vary in the powers that can be developed, few, if any, being identical: even with the same subject when the mesmeric influence is repeatedly induced the phenomena seldom recur. The effects produced are as multifarious and dissimilar, as the varieties of physical and mental developments by which we are surrounded, no two being exactly alike.

If a certain result be desired with a subject, and the operator fails at the first attempt (and is unable to obtain any information from the subject*) the effort to produce it should be renewed at each sitting, and it will, if possible, be induced sooner or later.

According to susceptibility, the time required to produce the first mesmeric influence varies from a few minutes to an indefinite time; but, unless very urgent, the effort should not be continued longer than half an hour. Having been once induced, the operation requires less effort every time it is repeated; but, when you have a difficult subject, renew the effort at regular intervals, and, as near

* See precautions after having induced the mesmeric sleep, p. 83.

as possible, at a stated time. For your guidance in this particular, I must inform you that it has been found that the mesmeric power gradually increases from the dawn of day, until it is strongest at about sunset; and diminishes from that time, until it becomes weakest, just before sunrise.

I shall now describe very minutely, the methods of inducing the different stages, with the various accompanying indications of success presented, that any novice, possessed of ordinary intelligence, may have the satisfaction of knowing the progress he is making, thus minimising the chances of inducing an advanced stage without observing the earlier indications, which might, from want of experience, cause alarm. All right-minded persons enquiring into this science, will appreciate these precautions; the student will be enabled to proceed with decision, and be encouraged to persevere, by having the satisfaction of observing the earliest symptoms of ultimate success.

Sympathy is the key-note of nearly all the phases of development of the mesmeric states. This is indicated by the attraction of the subject to the operator, with complete subservience to his will, and participation in all his sensations, actual or assumed, as though the two organisms were but one.

This accounts for the alarming symptoms developed by persons who, having no knowledge or experience, meddle with this science to gratify their curiosity, and cause so much injury, by ignorantly inducing the mesmeric state, without having properly mastered the directions and precautions, so necessary to be observed. It is only under these circumstances that mesmerism is dangerous; and that the foolish incur reproach to this science (seldom to themselves

unfortunately). The painful, distressing symptoms developed in these cases, are merely the reflex, through sympathy, of the operator's mind, augmented by the interference of others, equally alarmed, who may be present, all, in their frantic efforts to restore the subject, actually doing their best to produce the worst possible results.

The careful instructions, with minute details, that I shall give, will assure everyone, that, as an old practitioner, I consider a superficial knowledge insufficient. I would recommend every beginner, although not absolutely necessary, to secure the advantage of the assistance of a professional in his initiation.

CHAPTER III.

ANIMAL MAGNETISM.

ANIMAL MAGNETISM—ITS SCOPE AND VALUE FOR CURATIVE PURPOSES—DEGREES OF SUSCEPTIBILITY IN PATIENTS—THE NECESSITY OF DISCOVERING AND TREATING THE SEAT OF DISEASE RATHER THAN LOCAL PAINS — DEVELOPMENT OF THE FACULTY OF PERCEIVING THE SEAT OF DISEASE—METHOD OF CHARGING THE NERVE CENTRES WITH THE MAGNETIC FLUID—DISTURBING CHRONIC DISEASE AND PRODUCING AN ACUTE ATTACK (A SURE SIGN OF PROGRESS)—HUMAN MAGNETISM V. MECHANICAL MAGNETISM—THE OPERATIVE QUALITIES OF HUMAN MAGNETISM—THE THERAPEUTIC USE OF MESMERISM.

THIS subtle force, emanation, or influence, that is now generally admitted to be the basis of all organic activity; the link that unites the spiritual with the physical body; the medium between man's intelligent powers and his physical actions; the real vitalizer; omnipresent in its operations; and, by its constant equable action, regulating and maintaining the health of all beings; is the first of the many stages of the science of mesmerism, is the most easily produced, it covers a much larger area than the other states, and is all that is required for curative purposes, *extreme cases excepted.*

In this stage, the sensations experienced by the subject indicate the effects produced. Everybody should be acquainted with this method of using mesmerism, as there is no little domestic ailment, or serious illness that cannot be removed, ameliorated, or cured, by an

intelligent application of this force, by means of the ordinary pass.

As full instructions are given in the medical portion of this work for the different applications of the passes in the treatment of the various diseases, I shall simply confine my remarks to general observations, comprising, I hope, a comprehensive survey of this stage.

Although anybody may apply the mesmeric pass with successful results, at the time knowing little or nothing of the other states ; yet, it is more desirable that a thorough knowledge of all the precautions to be observed in connection with mesmerism, be acquired, for fear the operator meets with a very sensitive patient, and, before he knows what he is doing, induces the true mesmeric sleep. Occasionally, I have some difficulty in keeping a patient in the normal state, when magnetizing for curative purposes.

The sleep is a condition quite unnecessary, except in such cases as delirium tremens, epileptic fits, most mental derangements, &c., &c., and I never permit it, unless specially desired. I fear many sufferers do not avail themselves of this, the greatest and most salubrious of all Nature's remedies, because they erroneously fear, that the treatment involves the loss of consciousness. There is no greater fallacy extant.

Curative effects can be produced in some patients, without their feeling any sensations whatever, while others are sensitive to every pass made by the operator, either in direct contact, or at a distance ; even his presence, or the simple application of the hand, without any exertion, will sometimes produce marvellous effects ; but, when this force is put into

activity by passes, assisted by the will of the operator, its power will be felt at the time, or afterwards, by the most unsusceptible person, and its effects *always prove beneficial.*

It is by no means necessary that the patient should believe, or have faith, in this method of treatment. Few are aware that we employ a psychic force, that circulates like a fluid, up and down the system, inside and out; that the brain and its continuation, the spine, are to this fluid, what the heart and stomach are to the blood.

Disease means want of this force, vitality, nerve aura, or odylic fluid, either throughout the whole system or locally, that is, in such parts of the nerve centres as supply this force to the part affected.

It is not sufficient to magnetize the part where the pain is located, although it will often give relief temporarily, undoubtedly, for this reason, this method of treatment is not universally practised —the pain only is treated, the cause is not found out and cured; thus, very naturally, Nature's cry for relief, will return sooner or later.

Deficient nerve power in any part of the spinal column, causes the organ or blood vessels governed by it, to become relaxed, the circulation impeded, and, with decreased vital power, such parts become congested, and, ultimately, diseased. Attention to the local pain, is of much less consequence than the restoration of a healthy action to the nerve centres, thereby to convey an abundant supply of force to the diseased parts.

After some general practice, and especially if your efforts to relieve the suffering are directed with heartfelt sympathy, you will develop a natural intuitive faculty of perceiving when your hand passes

THE CURATIVE MAGNETIC PASS, FOR TOOTHACHE, NEURALGIA, RHEUMATISM, ETC.

over any congested accumulations or obstructions; and you must always yield to the influence, that, with practice, will compel you to stop at a certain part: you will then feel the magnetism passing from you, until the part is thoroughly charged, and your hand drops away.

In order to charge the nerve centres, it will often be found sufficient, to make passes from the top of the head, down the back, and off at the hips; occasionally, off at the shoulders, and down the arms. No hard and fast line can be drawn, as, when you become sensitive by practice, and other modes of development, you will at once feel when you touch the ailing part; and the more you give yourself up to this influence, the greater will be your success.

Many patients, when the hand is simply laid on the spine, feel the magnetism coursing along the nerves to the diseased part, removing all congestions and obstructions. At all times, pay particular attention to the sensitive patient's feelings; and should you be so successful as to produce an acute form of the disease, rest assured, that, with this treatment, it is one of the most certain signs of progress, and should stimulate you to increased effort. Do not let your patient become alarmed; but indicate, that in disturbing the disease that lies stagnant in the system, you have accomplished a great work, and will be better able to grapple with the crisis, which had better be borne now, than postponed to some future period, when the disease, with accumulated complications, might defy all your efforts.

Let me warn you against any of the mechanical appliances so often substituted for this force, they are as inferior to the vital magnetism of the body, as mineral medicines are, to botanic remedies; and, like the

minerals, never assimilate with the vital forces of the body. When applied in the most careful manner, instead of supplying a current of natural vitality, they lend a false stimulant, outside the nerve passages, which often proves dangerous, and never permanently good.

I have found, that a complete understanding of the mighty operative qualities of animal magnetism, depends upon a very careful investigation of occult forces; and declare, that its extreme simplicity; its easy accessibility; its safety from danger (when applied to the most delicate constitution), and its more than marvellous power over the strongest and most robust, render it, in all cases, pleasant, soothing, painless, and, in every way, unobjectionable in its application, especially since immodest examinations are never necessary.

Our habits, occupations, unnatural modes of living (the necessary evils of civilization), excessive eating and drinking, and our vices, undoubtedly deplete the human system of its vital power. All these abuses of Nature, cause, either directly or indirectly, at least two thirds of the diseases that affect mankind.

Oh, that only half the energy, labour, and ingenuity had been employed to simplify the means of preventing and curing diseases, that has been devoted to vivisection, inoculation, vaccination or, in other words, the propagation of horrible diseases.

Our great aim, in battling with disease, should be to teach society how to live rationally, naturally, and simply, especially what to eat, drink and avoid: thankful that we have been endowed with those natural qualities, which constitute us an instrument for dispensing temporal as well as spiritual blessings to humanity.

THE CURATIVE MAGNETIC PASS FOR SPINAL COMPLAINTS, NERVOUS DISORDERS, OR TO PRODUCE THE CATALEPTIC STATE.

The further therapeutic uses of mesmerism are, preventing pain in surgical operations, mesmerized water and fabrics, and the state of clairvoyance, for the diagnosis of disease, &c., &c. These are advanced stages, and can only safely be employed by an experienced mesmerizer. Full instructions will be found, in the part treating upon the mesmeric sleep.

CHAPTER IV.

ELECTRO-BIOLOGY OR PHRENO-MESMERISM.

ELECTRO-BIOLOGY OR PHRENO-MESMERISM — THE CONTROL OF THE NERVOUS AND MUSCULAR SYSTEMS — INSTRUCTIONS IN WILLING AND THOUGHT-READING EXPERIMENTS — METHOD OF CHOOSING SUBJECTS AND INDUCING THE ELECTRO-BIOLOGICAL STATE — THE VALUE OF CONCENTRATED WILL-POWER — CAPTURING SUBJECTS FROM AN AUDIENCE — ESTABLISHING THE ELECTRO-BIOLOGICAL CIRCUIT, OR BECOMING *en rapport* WITH THE SUBJECT — METHOD OF TESTING IF THE STATE IS INDUCED — THE NECESSITY OF THE STUDY OF PHRENOLOGY — ILLUSTRATION OF A NUMBER OF PHYSICAL EXPERIMENTS; CATALEPSY OR RIGIDITY OF ANY LIMB OR OF THE WHOLE BODY, ETC., ETC. — THE INFLUENCE OF THE FULLY DEVELOPED WILL-POWER, AND ITS CONTROL, CONSCIOUSLY OR UNCONSCIOUSLY, OVER THE PSYCHIC SUBJECT.

This state displays complete subjection to the control of the operator, without the total loss of normal consciousness. It is the state in which the very earliest symptoms of being mesmerically influenced are produced, prior to the actual sleep, and in which you control the nerves and muscles, without any apparent effect on the brain.

This condition so closely resembles the phenomena produced by willing and thought-reading experiments, that perhaps a few remarks, with instructions for the practice of this popluar pastime, would be appropriate.

In any assembly of friends desirous of experimenting, one, capable of great concentration of thought, should be selected as the agent or thinker, to fix his

mind undeviatingly on an action to be perceived by the mind-reader or percipient, who must be a person capable of such abstraction as to render the mind perfectly blank and devoid of any impression. The only requirements are patience, perseverance, and earnestness.

The usual method of procedure is, the percipient being out of the room, the company decide upon the action to be performed, and inform the agent: the percipient is then brought in, and contact is established by the agent holding the hand of the percipient upon the forehead, or by placing his hand on the forehead of the percipient, who holds it in that position by the wrist. Other modes of contact are, by placing the tips of the fingers gently on the nape of the neck so as to lie upon the spinal cord; or the agent with his right hand takes the percipient's left, and, pressing the balls of the thumbs together, they clasp the hands firmly. Perhaps the most successful, is the method employed, in mesmerizing, for bringing the operator *en rapport** with the subject. However, various modes of contact will, by practice, be learnt to suit different persons.

The percipient's eyes should, by preference, be bandaged, as it excludes the intrusion of ideas suggested by the observation of surrounding objects. Contact being established, the agent concentrates his mind upon the action desired, and the percipient renders his mind a blank. Now, with patience, perseverance, and the entire exclusion of frivolity, success is sure to result, especially if there is such serious earnestness that all the company co-operate with the agent, by concentrating their

* See method of establishing the electro-biological circuit between mesmerist and subject, pages 44 and 47.

thoughts upon the action desired; and, in the earlier experiments, it is of great service to contemplate the successive stages of the action, thus, crawl on your hands and knees to Mr. Jones and take the sleeve-links from his right-hand wrist-band or cuff, the first thought would be:—"Down on your hands and knees," "Crawl to Mr. Jones," "Take his right hand," "Abstract the links from the cuff."

Practice only, will now make perfect; and, advancing gradually in complexity, some highly interesting combinations may be produced. The inventive powers of your audience will never leave you at a loss for complicated, and often, very amusing illustrations, your only care must be, to advance by degrees, from simple to complex experiments.

These experiments illustrate, that, in the normal condition, the will of one person can be conveyed to the mind of another, and produce an action entirely the result of extraneous mental volition.

In electro-biological experiments, the subject very often retains ordinary consciousness; and, although nearly always sensible of all that passes, is unable to resist the suggestions of the operator, no matter how absurd or ridiculous.

This state of impressibility is produced by gazing steadfastly at the copper centre of a disc, placed in the left hand of each subject, about 10 inches from the face. Strictly enjoin silence, and do not allow laughing, passing remarks, looking about, or at each other, nor anything that would interfere with the passive state of mind, so essential during the preparation and selection of subjects. Dismiss at once, with firmness, any person who persists in treating the matter lightly and with frivolity, or the influence will soon be felt among the others, and will

counteract your own. You must feel thoroughly convinced of the truth and reality of the state you intend to produce; as any want of confidence, or doubt of the powers you possess, will be at once impressed on the minds of the subjects you are endeavouring to operate upon, and counteract the influence.

The effort of will-power, by practice, becomes as imperceptible as the effort that produces muscular motion; and, by continual application, may become so much at command, as to be apparently involuntary, even in producing the most wonderful phenomena.

A well-disciplined mesmerist, by this practice, is able to gain and hold, perfect control of a number of subjects, without exercising any perceptible strain on his mental faculties; thus, perseverance brings success, success gives confidence, and confidence in our own powers is the secret by which we keep our subjects under control. Directly an operator entertains a doubt, it is perceived by the subject, and, if not checked by a firm will, may produce much mischief. This is an important consideration, and should be well understood by every beginner before experimenting, as, should he doubt his ability to remove any mesmeric influence he has produced, the subject will be similarly affected; and much confusion, perhaps danger, ensue.

In order to relieve the mind of the beginner of any unnecessary strain, it is always desirable that he should draw up a programme of the phenomena he intends to produce, so that his attention may not be taken from his subjects, who must be kept in strict subordination.

The drawing pass may be effectually used, in capturing subjects from an audience, as an introduction; it illustrates the actual power, and produces a very

favourable impression. The mental attitude of the audience, if you are successful in removing any doubts, by this or any other means, is favourable to further developments.

Subjects drawn from the audience, are generally very sensitive, and care must be taken, if they come with a rush, that they do not injure themselves. Having arrived at the operator, they should be touched on the organ of individuality; and, after comfortably seating them, a few passes should be made from the top of the head, down the face; and, in ten minutes' time, they will be ready for other experiments.

When all is quiet, and your mind calm and collected, tell the subjects not to think of anything, but, as far as possible, to allow their minds to become entirely blank; and to keep their eyes fixed on the discs, without blinking. Walk slowly before them for about twenty minutes, making a few remarks to your audience; then, make slow passes, without contact, over each person's head and face, determinedly willing them to be passive and composed. During this time, your mind has assumed a positive state; you now reflect, and project your positive magnetic will-power, to dominate the negative condition of the minds of the subjects.

You must now proceed as follows: Commence with the right hand subject. Take the disc from his hand, and return it to your pocket; then, as shown in the illustration, place the thumb of your left hand on the subject's forehead, just above the nose and eyebrows, which is the phrenological organ of individuality; rest the tips of your fingers, on the centre of the top of the head, at the same time, taking hold of the subject's left hand with your right,

ESTABLISHING THE ELECTRO-BIOLOGICAL CIRCUIT BETWEEN MESMERIST AND SUBJECT.

applying the ball of your thumb to the back of, and the fingers to the middle of, the palm of his hand. The object is, that the operator may come in contact with two very important nerves, the *Median* and *Ulna*. This establishes the electro-biological circuit between mesmerist and subject, or in other words, brings you *en rapport*.

Considerable pressure should be used on the nerves, and organ of individuality, but not sufficient to cause pain. Now press the head slightly backward, and say sternly: "Look into my eyes!" Intently gaze into his eyes for a few seconds, and say firmly: "Close your eyes." Concentrate your will-power upon him for a few seconds, willing that he cannot open them, and say in a decisive tone: "You cannot open your eyes."

If sensitive, he will be unable to open his eyes, but should he succeed, repeat the trial several times, and each time he should experience more difficulty, until quite unable to do so. As failure or success, at this point, will greatly influence all your subjects, and render your task comparatively easy and rapid, or difficult and tedious, you must watch very closely; and if you perceive you have not quite acquired control, suddenly clap your hands, or blow into his face, saying: "Right! you can open them now," and thus, by giving permission, rather than letting him find he can resist your influence, you keep his will in subjection to your own. With these cases, return the disc and tell them to gaze a little longer, while you pass on to the others.

Having tested them all, commence again, and you will find that some of those you did not succeed with at first, will succumb this time. When you have got a few well under your influence, peremptorily order

the others away, unless you have some who pay extra attention, and you think you may succeed by a little more perseverance; but keep them from close contact with those already under your control.

Many persons who rapidly pass into this state will be difficult to put into the true mesmeric sleep, although when placed in an electro-biological condition, or state of wakeful dreaming, many pleasing and interesting experiments can be performed. I consider that it is by this influence, persons are acted upon by orators, at public meetings or religious ceremonies. Instances are on record where whole armies have been routed by some inexplicable cause, or rallied, under the most trying circumstances, by the powerful will of one man. Many are born, and unconciously pass through life, in this state, and are so susceptible to this influence, as to be easily acted upon, and made to play the most ridiculous pranks. Judge the power to be obtained by the cultivation of this science. Many religious enthusiasts possess immense power. During the religious revivals that took place in London in 1860 I remember seeing as many as forty and fifty in one night, stagger out of their seats, and fall prostrate in front of the pulpit. One Sunday morning, during the powerful preaching of Mr. Cohay, at the Queen's Road Chapel, Bayswater, the whole of the large congregation, at the command of the preacher, with only one exception, that was myself, rose to their feet and held up their hands. Evidently, I was the only person present, possessing enough of the power used, to save myself from such a ridiculous exhibition. I questioned many, afterward, and they acknowledged, that when away from the man's influence, they felt the ridiculous position into which they had been forced, but were unable to resist.

A sad instance came under my notice a short time ago. A little boy was suddenly missing, and, after strict search, no tidings could be gleaned of him. Another boy in the same village, who had the reputation of being clairvoyant, was consulted by the police, and he told them to look down a certain well—this was done, and the dead body found at the bottom; but nothing could be learned from the young seer, as to how the boy had got into the well. Some of the more positive and suspicious of the police, arrested the clairvoyant, and, after confining and cross-questioning him, they charged him with the crime in a most determined manner, and the poor little fellow, falling a victim to their positive will, was made, not only to confess, but to rake up circumstantial evidence against himself, which had the effect of condemning him to confinement for life, even against the private conviction of his judge, who told me this story, and most anxiously asked my opinion upon the case, telling me that he had never felt satisfied that this poor little psychic was guilty. Of course, I freely gave my opinion, and pleaded for the poor little fellow; and the judge promised to do all he could, on his return, to have the case re-opened: which I have no doubt he will.

Judges on the Bench are, no doubt, influenced by the powerful will of determined counsel, also by the silent will, properly directed; and, many commonplace people, are absolutely compelled to say and to do, anything the operator pleases.

The study of phrenology must be complete, and your practical experience extensive, before you attempt to apply it, to produce the phenomena of this stage; otherwise, you will either fail, or you will produce inconvenience. The exact locality and the potency

of every organ, should be well understood before you excite any of them; and in doing so, your finger should be placed as near the centre of the organ as possible, then clear and decisive manifestations will occur. It should be carefully observed, that the more intellectual organs only should be excited; those of the lower or animal nature should never be tampered with. Remember, you may incline the individual to good or evil, for several days, some, perhaps, for life.

The order in which Nature has arranged these organs is very striking, and seems to point strongly at design. The perceptive faculties are placed in front of the skull: pioneers, pointing onward, forward. The spiritual organs are placed on the top, aspiring upward, heavenward; but, the animal propensities, equally necessary when well-balanced, are placed in the rear, and should be strictly kept in the background.

You may now attempt a variety of experiments; the first of which should be the simplest and easiest to produce. Each succeeding experiment should be a step in the direction of deepening the sleep, always remembering, that a single failure greatly retards progress; therefore, with new subjects, it is necessary to creep along slowly but surely, never attempting any advanced experiments, but leading up to the goal as follows:—

Having established what is called the electro-biological circuit between yourself and subjects, and succeeded in closing their eyes, place them at the farther end of the room, while you stand, say, eight or ten paces from them. Gaze sternly into their eyes in turn, then make drawing passes, until they begin to stagger towards you; sometimes, even often, they will make a violent rush at you, butting their

heads into your chest. Be prepared for this emergency, and touch them on individuality, or else make the repelling pass, to stop them before they arrive close to you; yet, even if they knock you down with a rush, preserve your coolness and nerve; and if you have any doubt of being able to do so, give up the hope of ever becoming a successful mesmerist.

Observe, that, in making these passes, even at that distance, you are deepening the sleep, and getting them more under your control, in addition to showing a very interesting experiment.

When you have drawn and repelled them sufficiently for your company's satisfaction, seat them at their ease. Now take one of them, and holding his left hand in yours, make passes from his left shoulder down the arm, with your right hand; then place your left hand under his arm, and the right on his shoulder, in contact, draw your hands down the arm slowly with a slight tremulous motion, and off at the hand; and the arm, after a few passes, will become completely catalepsed. The success of this experiment is shown, by giving the subject a sharp rap on the knuckles, when, if no uneasiness is displayed, the arm will be found quite rigid, and will remain in any position, for a length of time, utterly impossible in the normal state. You may then perform any surgical operation on that arm, without pain, or sense of feeling whatever. The leg or other local parts, may be put into the same condition, by a similar method, without affecting any other part of the body; even the little finger may be catalepsed, by gently stroking from the top to the tip.

Be careful to thoroughly demagnetize the part, when the experiment is over, by taking hold of the hand and blowing several sharp blasts up the arm,

from the finger-tips to the shoulder, or, in the opposite direction to which you made the passes; or, dash your pocket-handkerchief across the member, until it assumes its normal condition. The muscular system appears singularly capable of control; and rigidity, with insensibility to pain, can be produced in any local part, by placing the fingers on that part of the spine from which the nerves governing the part proceed. These touches, assisted by the will-power of the operator, notwithstanding many thicknesses of clothes, completely control the most distant parts.

In some cases, the rigid member is not only insensible to pain, but also, to the action of fire; and I have seen subjects in this state, handle red-hot coals, and put their hands into the fire, without suffering the slightest pain or injury. These conditions are removed by reversing the passes, or by making cross-passes over the parts affected.

Take from among the best, the most sensitive and healthy of the subjects: one whose heart is thoroughly sound, place your left hand firmly on his chest, grasping the two sides of his coat, in order to keep him from falling; and, with the right hand, make passes from the nape of his neck down the spine, slowly, and with a little pressure. Continue this until the whole body becomes rigid, or what is termed in a state of catalepsy, when you may place his head on one chair and his heels on another, and scarcely any weight would suffice to bend his spine; but, let me caution you against any of those brutal displays, so often indulged in by itinerant mesmerists, such as placing weights, or standing, on the stomach, with the object of more thoroughly convincing the audience, some of whom are, and always will be,

THE CATALEPTIC STATE.

sceptical. It is doubtful if such are worth convincing, if it be necessary to resort to such inhuman practices, and, if convinced, they would be no creditable acquisition, to any cause. They are not seeking after truth, but, actuated by interested motives, wish to destroy your influence by unfair means.

Tell such, that if they won't accept, in good faith, what you, as an exponent of a noble science, give them, it is their loss and not yours. I remember giving great offence to a doctor and a colonel, because I would not allow them to thrust a large scarf-pin into the arms and legs of some of the sleeping subjects, and they went away condemning the whole thing.

On another occasion, I had to contend with a local doctor, who came to the hall where I lectured, and was so determined to interrupt the proceedings, that he engaged a burly butcher to assist him in his design. They became so rude, that I was compelled to jump from the platform and expel the butcher by force—the only argument understood by brutal natures. I then returned, and took hold of the doctor, with a similar intention; but, finding him tremble under my hands, I concentrated my gaze into his eyes, and so cowed him, that he became completely helpless. I then made passes over his head with such determined vigour, that, in a short time, I had him swinging his leg on the platform, under the impression that he was a clock; and such was the ascendency I gained over him, that I put him through a full hour's experiments, in a state of complete unconsciousness. These, and similar forms of opposition are a great annoyance, and, sometimes, very difficult to combat; but firmness, a thorough belief in yourself, and an honest appeal to your audience, will generally succeed. Truth must conquer.

Tell them all to clasp both hands by interlacing their fingers; make a few passes over and across the fingers, without contact: then, in a firm voice, tell them they can't get them apart; release them by clapping your hands smartly together, calling with a loud voice: "Right! right!" If any should still be unable to separate their hands, dash your handkerchief in the opposite direction to which you made the passes. These hints will apply to almost all other biological experiments.

Place one hand of each flatly on the top of the head; make passes from the back of the hand off the fingers, down the back of the head; then tell them they cannot lift their hands off, and they will be unable to do so. Release as before.

Let them stand up, make passes over the feet of each one to the floor; tell them their feet are stuck to the ground, and they will be unable to lift them, or walk. Release by dashing your handkerchief across the feet.

Let them stand in a row; say, firmly, "Look at me!" then twirl your hands over each other, slowly at first, then faster, saying, "Faster, faster!" until you get them in a good swinging pace. You may then stop, at the same time telling them they cannot stop, and they will continue. Then touch them just under the calf of each leg, and they will dance all over the room. Stop them by clapping your hands, and calling, "Right! right!"

By these, and many other similar experiments, you are creeping on towards producing mental control, or mental delusions.

Next, put a coin into the right hand of each subject. Ask what it is, and when they express themselves and say it is all right, tell them they may each keep

the coin if they can hold it in their hands for a minute or two. Then say, firmly, "It is getting hot." Wait a few seconds, then suddenly say, "It's burning hot!" when they will throw the coins to the floor, being unable to hold them.

Let them take each other's hands, and form a line; then take the disengaged hand of the subject at one end, and say you are going to give them an electric shock. Keep firm hold, and, by your will, project your power through the whole chain, and they will become contorted as by an electric current.

Stand them in a row; dart your hand towards them, saying your mouths are going open. Be careful not to overdo this experiment, as you may injure the jaw. Release as before.

Tell them to say "pudding" or any word you like; then tell them to whisper it—then to speak louder, until they shout; then make a single pass with your hand down the left jaw of one of them, willing at the same time that he cannot repeat it, when he will be unable to articulate. Release.

Ask them their names, and after they each distinctly tell you, touch them on the organ of individuality, willing that they should forget, and they will be unable to tell their names. Release.

Touch them on the nose, and tell them they have lost that feature, at the same time dropping a few fragments of paper, orange peel, or any other rubbish, on the floor. Then say, "There's your nose." They will eagerly pick up the pieces, and endeavour to stick them on to their noses. Notice the satisfied air they assume, when they imagine they have got the member restored. Release.

Place one in a chair, touch him on individuality, tell him he is a bottle of ginger-beer, and, unless the

cork is drawn, he will burst. Wait a few seconds, and he will get very anxious; then touch one of the others on the same organ, and tell him to pull out the cork, when he will pull at the other's head until they both roll on the floor, the first one calling out lustily, "Pull out the cork; pull it out—I shall burst!" This is a very laughable experiment. Stop them by clapping the hands, and calling, "Right! right!"

Request him to be seated again, and, after making him rise, to show that he can do so, tell him authoritatively to sit down; then make several energetic passes down the front, and also at the back; then place your left hand on his chest and your right on the back of his chair, and press your hands towards each other, with slight force: all the time you must concentrate your mind on the object in view, strongly willing that he should be stuck to the chair, then, suddenly tell him he cannot rise from his seat, he is stuck fast. Should he succeed, try again, and, in all probability, you will bind him hard and fast. Reverse passes will liberate.

Place a coin on the table; then order one of the subjects to place a hand flatly on the table, about a foot or so distant from the coin; make passes over the arm and hand, also others over the coin, and then breathe on it; now let the subject gradually slide his hand along the table, towards the coin, at which the operator must point with his hand; then, before the subject can reach the coin, his arm and hand will become rigid, with the fingers stuck to the table. Several subjects may be made to contend with each other, under similar circumstances, none of whom will be able to reach the prize. Also other modifications or improvements with this experiment may

be made, such as allowing them to raise their hands, then fixing them in the air, at a certain distance from the object; or allow them to seize the prize, but fix their hands over it, so that they cannot move; or tell them it is burning hot; or that it is so heavy they cannot move it, &c., &c., according to pleasure. The operator's will-power will produce all these phenomena, and a few dashes with a pocket handkerchief will release.

Let two of the most muscular subjects bare their arms; then place the hand of each grasping the muscle of the other, between the shoulder and elbow, make a few passes over the hand and arm of each, and in a few minutes they will, notwithstanding the exertion shown by the distension of the muscles, be unable to separate: inextricably bound by mesmeric ties, which, although invisible, are nevertheless unbreakable. Any number of persons can be similarly bound together, and easily separated by a few dashes with a pocket-handkerchief, or a sudden cold blast from the mouth of the operator.

It would be superfluous to further illustrate the amusing and interesting experiments that can be performed, now that you have so far increased your influence over your subjects, that they are entirely at your command, and have no longer any power but to implicitly obey your will.

Most of these experiments are physical, and such as the beginner should well practise, before he attempts any mental control, although some of the physical experiments merge, nearly imperceptibly, into mental; always remember, however, to creep by slow but sure degrees, from simple to complex illustrations, never attempting the more difficult, until you feel confident of success.

Man is possessed of such will-power, when fully developed, as to be inconceivable, so vast is its range and wonderful its force. This is particularly illustrated in the higher stages of mesmerism, where the operator influences the subject at a distance, and in other experiments; but, I would claim a little indulgence for a slight divergence, although my remarks will be appropriate, seeing that they will be applied to an analogous subject.

The influence of the will-power, not necessarily, or often, unfortunately, cultivated, at seances, of those dogmatic persons, who attend with the sole purpose of exposing the medium, is often the very means by which some of the disgraceful proceedings, called exposures, are produced. If the earlier stages of mesmerism, such as I have been describing, were more generally known and practised, they could never occur. Few, comparatively, of those called experienced spiritualists, understand the dangerous susceptibility of the psychics on whom they rely for the phenomena they delight to make the common property of all with whom they come in contact, whether sincere enquirers or sceptics. Hence the cruel injustice of making conditions to which these more than mortal natures (seeing they are the means by which ordinary mortals are brought into close communion with the spiritual world) must, in nine cases out of ten, succumb; being such wonderful mixtures of strength and weakness, wisdom and folly, these peculiar, mysterious natures, when employed in serving the highest, most sacred duties of man, if not rightly and properly protected from evil influences, become in the dangerous position of a rudderless ship, and are at the mercy of the strongest of the forces by which they are surrounded. This is

often the positive will of some sceptic, which, if assisted by the suspicions of others, is easily transferred to, and dominates the actions of, the psychic or medium. This is manifested by many being so extremely susceptible, as to actually fall into traps, which they themselves set, as it turns out, for their own capture. I have often demonstrated this fact; but not with a poor unfortunate psychic, who is no more responsible, than an ordinary person in the deep mesmeric sleep could be considered, for the actions performed in that state of unconsciousness. The whole onus rests with the modern witch-catcher, who would be powerless, if a few able-bodied mesmerists were present, at every seance, to explain and enforce, an observance of the laws of transference; in fact, no person should be admitted to any psychical seance, until able to satisfy the conductors that these phenomena are understood.

CHAPTER V.

PHRENO-MESMERISM.

PHRENO-MESMERISM—THE PRECAUTIONS TO BE OBSERVED AND THE PHENOMENA; ALSO THE VALUE OF PHRENOLOGY—INSTRUCTIONS FOR A DRAWING-ROOM OR EVENING PARTY ENTERTAINMENT—THE APPLICATION OF THIS STAGE OF MESMERISM TO THE ELEVATION AND AMELIORATION OF THE MENTAL AND MORAL CONDITION OF MANKIND—INSTRUCTIONS FOR REMOVING THE INFLUENCE AND RESTORING TO NORMAL CONDITION—CASES ILLUSTRATING CARELESS MANIPULATION AND IGNORANT MEDDLING WITH THIS SCIENCE—ALSO GOOD AND EVIL INFLUENCES AND THEIR CULTIVATION OR RESISTANCE—A CASE OF OBSESSION CURED—THE TREATMENT OF MENTAL DISEASES.

PHRENO-MESMERISM is the application of the science of phrenology, in the production of phenomena, in the electro-biological state; and, as already stated, it is absolutely necessary, that the operator be fully qualified by a perfect knowledge of the science, and well-practised in its application. It must be patent to anyone, that a person ignorant of the locality and functions of the various organs, cannot produce satisfactory results. Then, the exactitude in touching the different parts of the head, to excite the various portions of the brain to the performance of the corresponding functions, is most important; the manifestations being decided and distinct, according to the precision employed. I have elsewhere intimated, that the sensual animal propensities proceed from the organs placed at the back of the head; and, as suggested by this location, should always be kept in the rear, and never interfered with.

The absolute necessity of extreme care is emphasized by the fact, that organs excited in this state, retain for some time after, when the subject is in the normal condition, a gradually diminishing state of activity, prolonged or accelerated, according to the indulgence or resistance of the good or bad propensity. These remarks will make every right-minded person very careful in these manipulations, and will suggest the value of this method of developing an organ that is deficient, yet desirable, to counteract the excessive development of some propensity, or other organ.

A few examples will be sufficient to illustrate this part of the study. Others, also combinations, can be arranged at pleasure; but care must be taken, after exciting an organ, to terminate the effect before arousing another, by touching the subject on individuality, unless a combination is desired.

Benevolence is a good organ to excite, and the subject will at once turn out his pockets and give liberally; now touch acquisitiveness, and he will take back, not only what he has just given so freely, but anything else he can lay his hands on. The two organs touched simultaneously, will produce most amusing results. The subject will talk quite eloquently about the folly of indiscriminate charity, good advice always being of much more service than money, &c., &c.; yet all the time he will have his hands in his pockets, as it were trying to overcome his reluctance to give.

Veneration will produce a display of religious feelings, with, at times, very eloquent prayers, delivered with much fervour.

Tune will excite to sing, or play on an imaginary instrument.

Alimentiveness will cause the subject to become very hungry, and ravenously devour anything you give.

Philoprogenitiveness will produce a display of great love of children. Give the subject a coat, or a bundle of rags, and he will fondle it as if it were a baby, and exhibit every anxiety for the child's safety and welfare: in the midst of these demonstrations of affection, touch destructiveness, and he will at once dash it to the ground and jump upon it. Caution must here be taken to keep the subject well in hand, or mischief may ensue, during this experiment.

Self-esteem will afford much amusement by the subject imagining himself to be a person of great importance. If you tell him he is the Archbishop of Canterbury, or some prince, he will assume all kinds of conceited manners, and strut about, with every indication of pride, in a ludicrous degree; if you point out any person of importance, as a prince or princess, he will put on such pantomimic airs as to produce much fun and amusement. Suggest that he is a great orator, and that you would like to be favoured with his views on a certain popular subject; and point to a chair, telling him it is a platform, he will proceed to deliver a speech; during its delivery, you may cause immense amusement by suggesting all sorts of interruptions, to produce the most ludicrous and mirth-exciting antics: thus, tell him a spider is running up his leg; he has fleas; or that a wasp is hovering around his head, and likely to sting him on the nose, &c., &c.

Any kind of pain can be suggested, and by touching one in the corner of the mouth, he will laugh heartily at the sufferings of another. Now reverse; pass the hand over the seat of pain, and say it is

well; then touch the one who was laughing, and tell him he has now got the pain the other one had; then touch the other on the corner of the mouth, and he will retaliate by laughing at the pains of the other, and so on *ad infinitum*. Some very interesting experiments can be made by giving anything to eat or drink, suggesting different flavours to the same thing; water will produce intoxication under the impression that it is wine or spirits.

A very interesting drawing-room or evening-party entertainment can be practised, by stringing together a series of incidents such as might be expected to occur on a voyage to Australia.

After you have arrived at the before-named stage and got full command of your subjects, tell them you and they are all going to emigrate to Australia; then, that they are on board ship, and that those in the audience are their friends come to see them off. They will soon become agitated, and wave and shout their adieux, some weeping, and all expressing themselves according to their individual temperaments, as they would under such circumstances in a normal condition. Now select the best singer, and, after pressing your finger on individuality, to deepen the sleep, touch time and tune, and tell him to sing "Good-bye, Sweetheart, Good-bye," or some equally pathetic song, suitable to the occasion. Before the song is finished, and to show your command over the subject, suddenly stop the singing by touching individuality; then, after a slight pause, touch time and tune, and the singer will continue exactly where he left off. This, and similar illustrations, must be done neatly, but not too often repeated to become monotonous. Combined with music, they can be made very interesting and amusing.

The farewells over, your songster, or any other you may have, should be made to sing "The Anchor's Weighed." Now tell them they are passing down the river, and call their attention, to the best of your recollection, to the familiar objects on the banks, until you get out to sea. They should now be told to observe the fish in the sea, to be seen from the side of the ship, and they will point out to each other, the different objects usually seen on the voyage. Suddenly alarm them by telling them there is a

shark, and they will all prepare to defend themselves; then relieve their anxiety by telling them it is gone.

It is now tea-time, touch them on gustativeness, to make them hungry, and have some cabbage leaves, or something of the sort, ready for the first meal on board ship. Distribute the portions, and when their mouths are well filled go behind one, and, by sharply slapping both shoulders, wake him up. When aware that his mouth is full, he will expectorate the contents, either into his hand, or on to the floor, when the others will greedily scramble for what he has rejected; and would ravenously devour it, if not stopped in time, which should be done by telling them it is bitter or poison. Tea over, it will be time to turn in, and much innocent mirth may be produced, by allowing the subjects to prepare for retiring to bed, but care must be taken, or they would go too far and strip all their clothes off. When settled in various corners of their own, or your selection, enjoin strict silence, telling them no talking is allowed after ten o'clock. All will soon be quiet; then touch one on tune, and he will sing, whereupon the others will grumble and call silence. Touch another under the eye, willing him to talk, then the others will complain of the disturbance, some getting very angry, and causing great amusement by their indignant remonstrances. Various mirth-producing results can be obtained, according to the ingenuity of the operator; and any burlesque can be played to perfection with mesmeric subjects the first time, without previous rehearsal.

In the midst of the singing, talking, grumbling, and general disturbance, suddenly announce (at the same time willing that they cannot put on their clothes), "Daylight! Get up quickly, and dress for breakfast."

Now ensues the utmost confusion; some will struggle and get nothing on; others put their boots on the wrong feet; shirts will be put on outside coats; trousers will be tied round the neck; and so on, until order is restored by telling them they are all right now, but it is very cold, and rains hard. They will all seek some imaginary shelter and shiver, showing every sign of the effects, with the anxiety to avoid discomfort. Any change will be as readily responded to. Now say, "The wind blows and the ship rolls," and not one will be able to keep his feet. Next cry, "The ship has sprung a leak, all hands to the pump;" then arrange them in order, and they will work with great energy at an imaginary pump. You can here introduce the amusing effect of stopping and starting them at pleasure, simply by suddenly and vigorously

clapping your hands once to stop, or, again, to go on. Calling the attention of the audience to the different attitudes of the subjects, when suddenly stopped, as posed for artists' models, will cause much merriment. To state, "It is no use, the water gains, and the ship must sink, let us watch for a friendly sail," will cause them to anxiously peer into the distance until you suddenly cry, "A sail!" you describe its approach, and they shout, "Ship, ahoy! Ship, ahoy!!" When she is supposed to be close up, you declare she is "A pirate! prepare for battle!" then arrange them in a row facing the audience, who you now declare to be the pirates, and that the method of fighting in these parts is to make ugly faces until one is frightened away. Now tell them if they can outdo the pirates they will win the battle; and, left to themselves for a little while, their antics will become most amusing and their remarks often very witty.

Still keeping up the illusion that the ship is sinking, tell them that the pirates are gone, and call their attention to an island in the distance, you get nearer and nearer; then tell them the floor on which they stand is the lifeboat, when they will plump down and row to the shore; in landing them, you make them face the audience, who you now declare to be savages, and picking out the subject you noticed to be the wittiest and best talker, you tell him he is a missionary come to convert the savages, or whatever else you like to suggest. He should now make a most impressive speech; but should it not be very good, you may introduce a little fun by telling him there is a wasp just going to sting his nose, when he will strike out and scramble, in a most absurd manner. After telling him it is gone, he will resume his speech, until you suggest another illusion, and so on, at pleasure, as time permits. Now return to the ship, and continue the voyage, pointing out birds, fishes, various points of land, ships and harbours, as time permits, until you arrive at your destination. After landing them, group them appropriately, and, touching the organ of veneration, cause them to sing a song, and offer up a prayer of thanksgiving for their safe delivery.

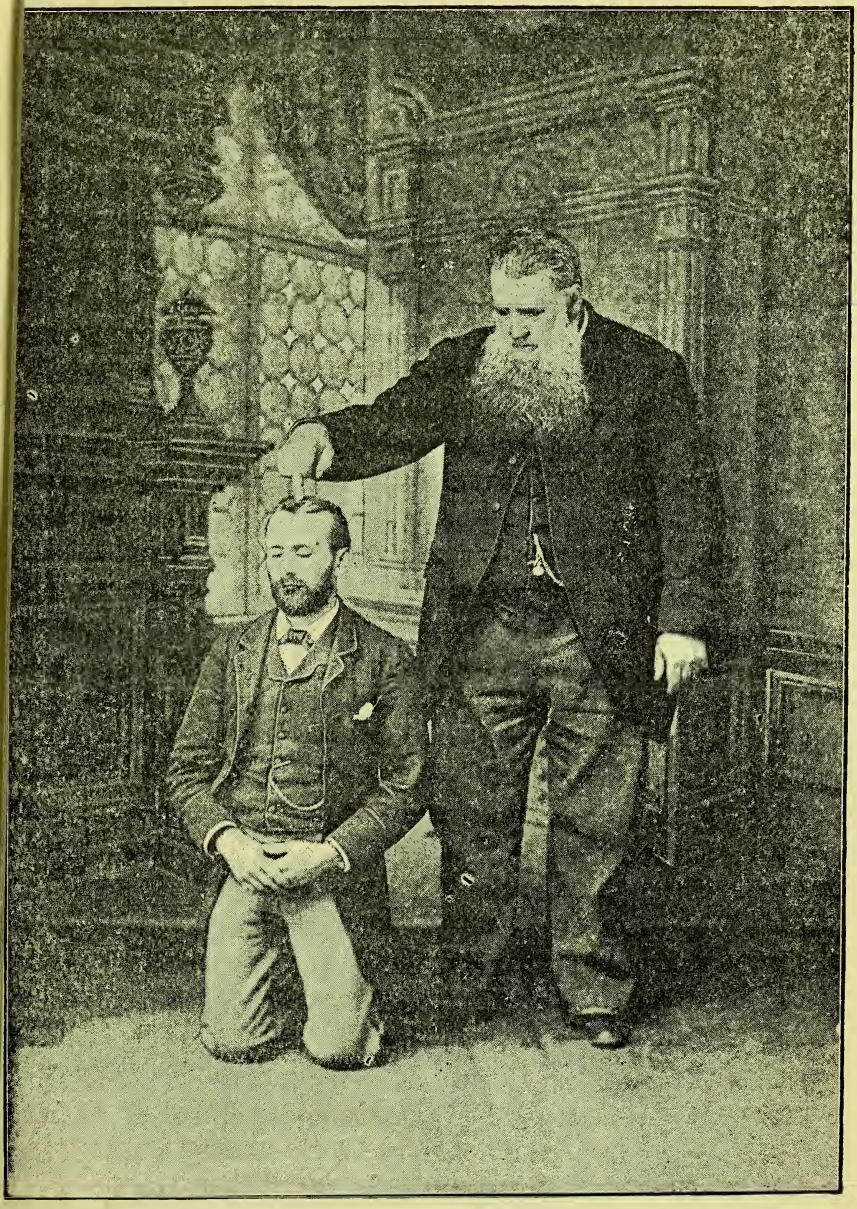
This, or some similarly impressive scene, with an elevating spiritual motive, should close the evening's entertainment. Special attention must always be given to the impressions conveyed, and the promises exacted, during the sleep; also to the conclusion of these exhibitions, as happy feelings and important

influences dominate the minds of the subjects for many days, and sometimes, for life. In my experience, I have noticed such impressions indelibly fixed, although unconsciously; and who can tell to what extent the audience may be influenced?—perhaps three-fourths are impressed for good or evil, according to the operator, that will shape their future.

Many good plays, with a spiritual or good moral motive can be enacted by stringing together a few incidents, as I have just been doing, which will not only spread a knowledge of this science, but work wonders in the elevation of our fellow-beings. Those unprincipled charlatans, worse than fools, who bring unclean hands to manipulate this science, and whose tendency is to brutalize and degrade, should not only be discouraged, but ousted as nuisances, if not as positive criminals.

In illustration of what can be accomplished to ameliorate the condition of mankind, I will cite one experiment, out of many, that have recently been tried, with grand results, in Paris. A very violent bad woman, the terror of all with whom she came in contact, after being put in the mesmeric sleep and suitably impressed, became as docile as a lamb, and is now employed as a nurse, acquitting herself most creditably and satisfactorily. I could, if space permitted, enumerate many similar cases where men and women have been suddenly and permanently raised from grovelling sensuality to lives of purity, guided and influenced to noble aspirations.

In concluding your experiments, endeavour to finish with some pleasant scene, such as touching them one after the other, on the organ of veneration. Solemnly impress them with some good, benevolent idea; try to draw out their clairvoyant faculties by



EXCITING THE ORGAN OF VENERATION.

asking them to look around, and see if they can recognise any immortal beings that may be present. Occasionally, often in fact, some will develop phenomena that will prove very solemn and interesting. Cause them to sing a hymn or song, by touching them on veneration, time, and tune.

Give this scene plenty of time, without interruption, and you may be rewarded with spiritual tests that will convince any reasonable person, that there is more in this science than materialists dream of, with their cold, exterminating philosophy.

Also remember, that the last scene leaves an impression on your subjects, for good or for evil, and that you are the responsible party. The subjects can always be restored to their normal condition, by clapping your hands, and shouting quickly and firmly: "All right!" but, as sometimes happens, after continuing these experiments for some time, one or two subjects are difficult to arouse: a sudden dash with a handkerchief, in the face, will arouse them at once; or, if any depression remains on the brain, place the balls of your thumbs together, on the middle of the forehead, and draw them, slowly, and in contact, across the brows, above the eyes, down over the ears, and off at the arms, dashing the aura from the hands, at the finish of each pass.

Blowing a cool blast of wind on the forehead, at a distance, will generally remove ordinary nervous depression, if accompanied by an effort of the will.

Some subjects, after a prolonged series of experiments, complain of a sense of weight in the lower limbs, and an inclination on the part of the feet, to stick to the floor, also of the hands, to everything they touch:—this influence must be thoroughly removed, by a few upward passes, and by dashing

the handkerchief crossways, about the feet and legs.

The first of the following cases brought under my notice, illustrates the serious consequences resulting from careless manipulation; and the second one, the folly of playing or meddling with this science: I mention them, to emphasize the cautions already given.

In 1868, a young man came to me with his mouth open: he had not been able to close it, for twelve days and nights. This state had been induced by a travelling mesmerist, and the impression, that he could not close his mouth had not been carefully removed:—hence the trouble. I commenced by bringing myself thoroughly *en rapport* with the patient, then, by making gentle passes from the back of the head, down the jaws, over the shoulders, down the arms, and off at the fingers: taking great care, to remove the old impression from him, and, in from fifteen to twenty minutes, he was completely restored to his normal condition, and has not felt any inconvenience since.

Another case, was that of a young lady, who, with others, at a party, were amusing themselves by playing at mesmerizing. After making passes over each other, one of them suddenly fell to the floor insensible. At first, it was thought she was cleverly acting; but, when the rest of the company discovered, that all efforts failed to rouse her, they became alarmed, sent for a physician, who administered medicines, but without any other effect than to further deaden the stupor. Other doctors were sent for, and the result was, she was kept in a state of stupor for ten days. They then applied to me, and, in less than an hour, she was perfectly re-

stored to her normal state, nor has she suffered from the effects or influence since. I instructed her how to resist all influences. Note: if, in the absence of better treatment, the subject had been left to sleep, and had not been drugged, or cross-mesmerized by others touching and interfering with her, she would, in all probability, have waked up in a few hours, or, at the very extreme, within from ten to twenty-four hours, none the worse for her long and profound slumber.

Examined by the light of this science, many of the most knotty problems of life are easily unravelled; and most of the pitfalls and quicksands, that are so thickly strewn along life's path, may be shunned. The rabbit in the wood, and the bird in the bush, might easily escape their deadly foes, if they could, like man, understand this force. Then, instead of becoming transfixed when within a certain distance of the weasel or snake, they would, with one bound, free themselves from danger, instead of lying still, without an effort to save themselves. Here we may observe some of the dark shadows of this wonderful law, which works, not only in the forests and fields, but, in human society; and surely those who know how to utilize it for the good of mankind, as a protection from evil, are humanity's greatest benefactors.

The following experience I had some years ago, gives an example of a poor human rabbit within the influence of the deadly weasel or snake; and, although possessing the innate power to free itself, nearly falling a victim, from want of knowledge how to resist the influence.

Madame "——" (whose name I am not at liberty to mention), a highly educated and brilliantly gifted lady, moving in the very best society, came to consult me

on a difficulty, which I cannot do better than give in her own words, as follow :—

"I am a married lady, aged 30. My husband is a good noble man, one of whom an empress might be proud, all that any woman could desire, and I love and esteem him very much. But, in the circle in which we move, there is a man, I am sure in every way his inferior in *physique* and mind. This man's presence produces in me, such peculiar embarrassment, that I am afraid it will be observed by others, and perhaps by my husband; and as it appears to increase the more I struggle against it, I am becoming hopelessly afraid, that some mysterious power is exercised by this man designedly. If you can tell me of a means of emancipation from this thraldom, threatening moral degradation and possible ruin, I shall bless the means employed."

I at once commenced by giving this poor sensitive an insight into that part of the science bearing upon her case, after which, I gave her three practical lessons in mesmerism, which she quickly mastered, and became a good mesmerist. About three weeks after her arrival home, I received the following note, which speaks for itself :—

"Dear Sir,—I am very pleased to report to you, that I have carried out your instructions so minutely, that I have not only succeeded in conducting several mesmeric seances, very successfully, which have proved delightfully interesting to myself and a large circle of friends; but I have found, that, with the knowledge of this science you so cleverly imparted to me, came the power to shake off the horrid nightmare that so long oppressed my unwilling soul. I can now laugh to scorn the thought of such weakness, as I now no longer feel any influence of the old kind; and, if I did, I know quite well how to repel it, whether designed or otherwise.—I am, etc., etc."

With reference to this aspect of mesmerism, there is a general belief, that when once a mesmerist gains an ascendency over the mind of a subject, the influence remains, and may be used for dishonourable purposes. This, to a very large extent, is fallacious, and certainly need never be feared.

As already pointed out, there is a strong bond of sympathy between operator and subject, and any thought of an evil or improper tendency, would be at once perceived and resisted, if averse to the inclinations, which, in nearly every case it would be. Nevertheless, seeing that these good or evil influences are always acting, there is not a person living that is not influenced, more or less, by their mighty power.

The best means to avoid an evil influence, is to become acquainted with the methods by which it is produced, and especially, the best methods of resisting. With such knowledge, all would be able to discover and frustrate every designed evil; and the greater the susceptibility, the more power there would be, to read the thoughts and analyze the motives of friends and foes.

The virtuous and pure minded, would not entertain an improper thought in any state, and, I fully believe there would be less tendency in such a direction, when under the influence of mesmerism.

The sleep is only a kind of distinct and separate state of existence, with, so far as I have observed, the moral perceptions and inclinations decidedly exalted.

I frequently have to instruct the victim of some evil propensity as to the best means of resisting and overcoming the influence, not always of an extraneous source; and am happy to say, I am frequently very successful.

As a test case, and to prove the power of this science in cases of obsession:—

A man was sent to me from the office of *Light*: he complained of constant voices around him, which never ceased to curse him, and suggest the most horrible things, uttering words of the most loathsome, blasphemous, and threatening character, night and

day, *even in church.* The man, although well educated, had no knowledge or experience of spiritualism or mesmerism; hence his bewilderment, the voices being so real and well known to him: having been acquainted with the supposed parties, two years previously, in South America, where some disagreement arose between them and him. He felt sure they were still in the flesh, and were following him, and practising some mysterious art, for the purpose of revenge. Wherever he went, there the voices followed him; he would take a ticket from one station to another, on the Underground Railway, watch all the passengers alight, and the last one take his seat, then jump in, when, no sooner had he done so, than the voices would commence damning and cursing him from the next compartment, until, at the next station, he would jump out with the hope that he had given them the slip, but, before he passed the barrier on his way out of the station, he would be again saluted with the same voices.

This continued for three weeks, night and day, until driven to despair, he applied to Sir James Ingham, the sitting magistrate at Bow Street, for a warrant for their arrest. He then changed from the pursued to the pursuer, but with no relief from his tormentors, until hearing of some spiritualistic people, as he termed them, as a last resource, being thoroughly mystified, he applied to them for a solution of his difficulty, and was transferred through Mr. Farmer, to me.

I made this man's case a subject of particular study and close observation. I examined his liver, heart, and brain, clairvoyantly, fully expecting to find the cause of trouble in some diseased organ or nerve-centre; but I found all the organs of the body in

perfect health and vigour; all the functions of nature appeared to be working smoothly and well. He was intelligent on every subject, a thorough everyday man of the world; spoke three or four languages; sceptical on all spiritual matters, up to his recent experiences; a man with no chimerical ideas, but with a fair share of common sense. Finding the cause did not proceed from any derangement of the system, I was compelled to turn my attention to outside influences. The first thing I particularly noticed was, that the voices did not follow the patient into my house, but, he could hear them talking outside; further, that they threatened to kill him if he came to see me again.

I then magnetized the brain, beginning at the top of the head, down the base, and off at the arms; and while operating thus, he suddenly remarked, "They are just outside the window, and are expressing their wonder at what you are doing." I turned quickly, and made vigorous passes in the direction indicated, when he declared they set up a hideous howl, swearing that the passes went through them like pistol shots; and they retreated howling, until the sound of their voices died away in the distance. I now continued to magnetize him, until I felt I had surrounded him with an impregnable barrier. The next night he slept undisturbed; but on the following day, when mixing with company, the voices returned, but at a distance. He was magnetized the next night, and seven nights following; and, at each sitting, the voices became more indistinct, confused, and distant, until they were completely gone, nor have they since returned, two years having elapsed.

One incident occurred, that, I think, deserves notice: the voices had entirely left him on the sixth night, when

he was obliged to mix with some very low types of humanity, and no sooner had he been surrounded in that den, than the voices became as bad, as close, and as distinct as ever.

I make no comment on this curious experience. I ascertained that the two men whose voices he heard were killed in a drunken brawl in South America, soon after he left that country; but the patient only learned this fact, after the voices left him. The first salute he had from them, was: "Oh! oh! we have found you at last. We have had a long hunt after you,—now for our revenge."

Nervous exhaustion, and the diseases resulting therefrom: epilepsy, monomania, and many kinds of insanity, are wonderfully benefited; and many cases that appear hopelessly incurable by the ordinary treatment, and are shut up in asylums, from whence they seldom emerge, could often be restored to health by this science.

Two years ago I was called upon by a gentleman to accompany him on a visit to a lunatic asylum, to see a poor lady, who had been confined there about six months. We found her, to all appearance, a complete imbecile. Before entering the house, we arranged that I should magnetize her, if I could get an opportunity. Our little conspiracy succeeded very well, as my friend, getting the attendant away under the pretence of showing him the grounds, left me alone with the patient, whom I commenced to magnetize with vigour. After about fifteen minutes' manipulation, reason so far returned, that she recognised me, and talked quite *rationally* for the rest of the time that we remained with her. As we had to leave the house, and I never had another opportunity of repeating the treatment, I do

not know how long the improvement lasted, but if permitted, I have no doubt, that a continuance of treatment would have restored her to health.

Mental disorders are, undoubtedly, in many cases, due to some disturbance of the vital magnetic fluid in the system. This opinion I think, is fully supported by the acknowledged influence of the moon on person so afflicted. The rays of the moon have been proved to be strongly charged with positive odyle; and may they not affect a highly sensitive person in a similar manner to the ordinary mesmerist? As will be seen in the next stage, the proper mesmeric sleep, subjects in the ecstatic condition, converse with, and apparently see, spiritual beings; and, if this science were studied by medical men, especially in its relation to insanity, I am confident, that the mystery surrounding hallucinations, wrongly attributed to insanity, would be cleared up, and our asylums, instead of being crowded, would have their inmates decimated.

The wonderful influence of the operator over the subject, by imposing a command or exacting a promise during the sleep, to correct some evil propensity, or pernicious habit indulged in by the subject in the normal condition, is amply illustrated and fully confirmed, by the many cases of dipsomania and kleptomania cured by these simple means.

CHAPTER VI.

THE TRUE MESMERIC SLEEP—INSTRUCTIONS FOR PRODUCING THIS STATE, WITH THE VARIOUS PRECAUTIONS TO BE OBSERVED—THE DEGREES OF SUSCEPTIBILITY—SYMPTOMS INDICATING SUCCESS—SYMPTOMS INDICATING UNSUITABLE SUBJECTS; I.E., THOSE TO WHOM THE SLEEP WOULD BE PREJUDICIAL, PERHAPS DANGEROUS—METHOD OF DEEPENING THE SLEEP AND OF REMOVING THE INFLUENCE—THE USES OF BREATHING FOR CURATIVE PURPOSES—PROTECTIVE AND OTHER PRECAUTIONS AFTER THE SLEEP IS PRODUCED—TO DEMESMERIZE THE SUBJECT—METHOD OF RESISTING THE MESMERIC INFLUENCE—TRANSFERENCE OF SENSATIONS, ETC., ETC.—INSTRUCTIONS FOR MESMERIZING LIQUIDS, FABRICS, ETC., ETC.

We will now pass on to the next state, the mesmeric sleep proper; and in order to insure success, and render the operator's efforts as easy and effectual as possible, he must first practise in private.

Care should be observed, to keep the room in which you operate comfortably warm and private, and as free from draught, or other atmospheric disturbances, as possible, without chance interruptions, noises, &c. The operator's character and demeanour, should be such as to inspire his subject's confidence and respect. These preliminaries being observed, the subject should be seated in a comfortable chair. You should sit in front of your subject in an elevated position, to prevent the strain and fatigue of making the passes, with the knees outside and embracing his. Thus being comfortably seated, impress your subject with the necessity of being as passive as

possible, neither desiring nor repelling the influence, and, above all, not to be alarmed or nervous at any unusual sensations. Establish the mesmeric rapport, by taking the subject's right hand in your left, and pressing the fleshy part of the thumbs together, grasp it firmly, do the same with his left hand in your right; and then gaze steadfastly into his eyes, without winking or shifting your eyes, and strictly and firmly exact a similar action from your subject.

The power of gazing may be acquired by practice, but at first it will be trying, and, unless you be of a positive temperament, will incline you to sleep; but you may relieve yourself by shifting your gaze from one eye to the other, firmly pressing the tip of your tongue against the roof of your mouth. This pressure of the tongue will, in almost every case, even with a sensitive, enable him to resist any influence.

As soon as you feel yourself affected, or your vision becomes confused, you will gain an advantage over your passive subject, by making steady and continuous passes with the hand, from the top of the head, down the face and chest. The passes should not extend much below the chest, as it is to the brain that they should be directed, not only to the front of the head, but to the sides and back also; but it is necessary, say every dozen times, to make a longer pass, right down the body and off at the feet. The reason for this is to open a passage, to prevent the brain being overcharged, and to diffuse the mesmeric fluid throughout the whole system. Caution! Should the lungs or heart become heavily charged, which will be indicated by laboured breathing, it is only necessary to make a few transverse passes, bringing the hands, with the backs together to the

centre of the chest, or other part affected, and smartly separating them to the sides of the body; thus removing a portion of the influence. These passes should be made slowly, easily, deliberately, with a determined, conscious exertion of the will, and with as little muscular exertion as possible, being free, graceful, and natural. Care must be taken to remove the hands far enough from the body, when returning upwards; and the fingers should be gently closed. If the head becomes oppressed, draw down the overcharge, by well magnetizing the instep of both feet, and off at the toes; this is often the best means of relieving a depressing nervous headache, whereas passes over the brain might increase it. Always pay strict attention to the heart's action, and, if weak, keep it constantly relieved by opening the outlets every two or three passes, both off at the arms and hands, and down the legs, and off at the feet.

Further, much determination and energy should be blended with a quiet *sangfroid*, that, if not natural, will require considerable cultivation to attain; and, as there is a very short step between the sublime and the ridiculous, considerable discrimination is required where to draw the line: an awkward attitude, clownish grimaces, or eccentric manners, on the part of the operator, will often inspire contempt, and cause the subject to laugh outright, utterly destroying the influence. I witnessed an example of this kind, at the Egyptian Hall. A mesmerist was brought over from, I believe, Norway, by Maskelyne and Cook. This man, when gazing into the subject's eyes, had a peculiar spasmodic twitch of the mouth; this caused the subjects to laugh in his face whenever he attempted

to deepen the sleep. The result was, I never witnessed a more complete failure, for which the science got the blame, and not the incapable imbecile who, like his patrons in their attempt to imitate spiritual phenomena, produced only a miserable burlesque.

The degrees of susceptibility to this higher state are as various as in the others, some being influenced easily, others requiring much patience and perseverance, especially in cases where the influence of the operator will not assimilate with the subject, but produces effects of a repelling character; although the same subject, with a different operator may be easily affected, with the most gratifying congenial results.

Others are so sensitive that they cannot bear the operator too near, and he has to observe a respectful distance of two or three feet, as may be found convenient.

The following general symptoms indicate that the subject is becoming affected, and should stimulate the operator to extra exertion, with intense concentration of will :—

Twitching and drooping of the upper eyelids; drowsiness; moist appearance of the lower eyelids; increase of salivation; gradual loss of power to distinguish objects, although the eyes may remain wide open, then suddenly, unconsciousness.

When any of these indications are observed, say decidedly, "You will soon be asleep," and that state usually ensues.

With difficult or tedious subjects, a few questions will sometimes enable you to discover the best methods to be employed. Having tried, perhaps two or three times, unsuccessfully, inquire if any sensations were experienced during your efforts, especially

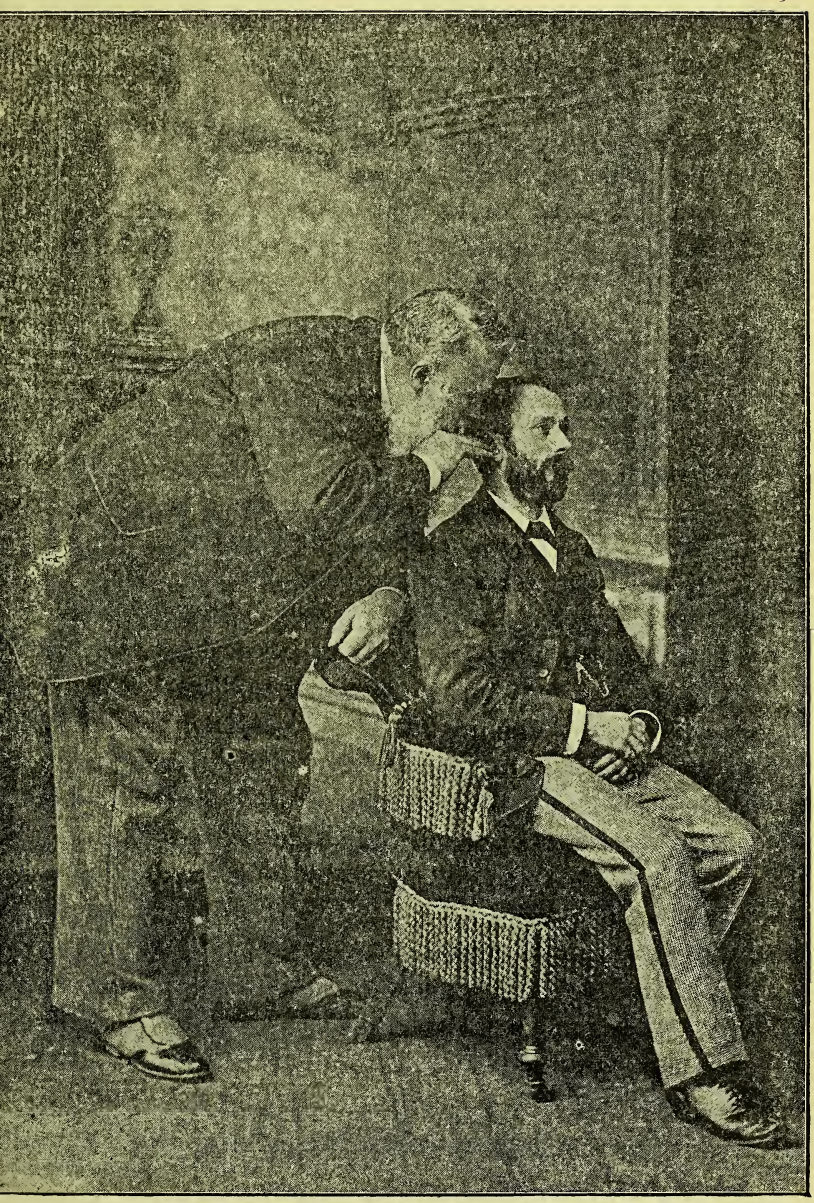
whilst making the passes, and, if so, pay particular attention to the symptoms.

In addition to the precautions to be observed with respect to overcharging the brain or lungs, already notified, the long pass will relieve any unpleasant sensations of a convulsive nature, that may be experienced by some. Except for curative treatment *only, where these higher developments are unnecessary*, no operator, especially a beginner, should accept a subject if there be any indications of unhealthiness, hysteria, heart-disease, or apoplexy: *such must never be put to sleep*, although the first stage—animal magnetism—may be employed with decided benefit.

However, should you accidentally come across an unsuitable subject, and any of the following symptoms appear :—change of colour, from the natural to an ashy paleness or leaden hue; from an anæmic to a florid complexion; any convulsive twitchings, if accompanied with nausea; calmly and quietly discontinue *at once*, and, for goodness sake, do not be alarmed and lose your presence of mind, but dash your handkerchief across the parts you have been mesmerising, make a few gentle passes over the insteps, and off at the toes, also from the shoulders, down the arms, and off at the fingers; now dash your handkerchief crossways all over the body, and send the subject into the open air.

Breathing, is a powerful means of deepening the mesmeric sleep, and is applied as near contact as possible, but must be distinguished from *blowing*, which, *at a distance*, is a most effectual means of removing mesmeric influences.

This breathing is also a very effective means of infusing the vital aura into any local part for curative



BREATHING DOWN THE FINGERS INTO THE EAR FOR DEAFNESS.
(The same may be applied to all diseases of the eye, or to any other organ.)

purposes, and should be conducted to its destination by the fingers.

In deafness and blindness, the fingers, first of one hand then of the other, (overlapping each other in order to concentrate the aura) should be pointed at the ear or eye, as the case may be, and a long-drawn breath exhaled, and made to pass gently down the fingers, and flow off to pinge on the spot desired. The hand should be gently turned round to utilise all the aura, and care must be taken to avoid *blowing*, or even breathing *at a distance*, or the magnetism would be dispersed, and the opposite of the desired effect produced.

Breathing, for deepening any mesmeric influence, especially the sleep, should be applied to the nape of the neck, the base of the brain, or the top of the head; and for relieving the lungs, in difficult respiration, to the spine, between the shoulders, in close contact, through three or four thicknesses of cloth.

Having produced the sleep, the first precaution I take is to make the subject promise to resist all attempts of others to mesmerise him or her, as the case may be; then to ascertain if the method I have employed is the best, or if there be any better plan for producing the developments; and the nature, and extent, of the phenomena to be expected; also, on each occasion, learn from the subject how long the sleep will last, or fix the time yourself. In many cases, these facts can be foretold very exactly, and are interesting features, it is desirable to be prepared for.

Strictly forbid any person to touch, or in any way interfere with a subject, when under the influence of mesmerism; especially if you have to leave him to sleep it off, or if you are unable to restore to the

normal condition. Any subject will naturally wake from the mesmeric sleep, in from one, to, in very rare cases, forty-eight hours, feeling quite refreshed, and perfectly unconscious of the length of time that has elapsed, and, as a rule, quite ignorant of all that has passed.

If a person desires to question or experiment with a subject, if agreeable, the operator can transfer his control by placing the subject *en rapport** with the person, and thus prevent the alarming symptoms caused by cross-mesmerism, often resulting in hysteria, coma, and even convulsions.

At all times remember it is a necessary and desirable precaution, in mesmerizing one of the opposite sex to have a third person present; but, at a suitable distance.

When practicable, never leave a subject until consciousness is thoroughly restored; and, however unexpected the symptoms that may be developed, always retain your presence of mind, keep perfectly calm and collected, and act with decision and firmness. Thus, you may effectually contend with every emergency, and prevent the confusion and difficulties that would result, if any doubts or fears were entertained; these being participated in by your subject, through sympathy, it is a very difficult matter to resume the control, in order to restore to the normal condition.

To demesmerize the subject, make demesmerizing passes as required, and a few upward passes to remove any depression, then disperse the mesmeric

* This may be done by the operator placing a hand of the person desiring to communicate in that of the subject; with some, it will be necessary for the operator to tell the subject to speak to the person.

fluid from the surrounding atmosphere, by waving your handkerchief over the whole body, from the legs upwards, strongly willing all the time, that the subject shall be restored to the normal condition, and say in a firm, commanding tone, "You are awake," "All right."

Never attempt too much, nor tire or overtax a subject; proceed slowly but surely, and with deliberation, minutely observing and recording every detail of any abnormal experience. I am sorry to say, I have lost many interestingly instructive incidents, through disregarding this invaluable habit.

The most effectual method of resisting any mesmeric influence, is to press the tip of the tongue firmly against the roof of the mouth. This is one of the instructions to the operator in producing the sleep, by which he resists the influence of the gazing of the subject he is trying to mesmerize.

As the mesmeric influence largely proceeds from the palms of the hands, and flows off at the finger-tips, to clench the hands tightly, with the finger-tips pressed gently into the palms, will be found the most effectual method of preventing the absorption by others of the mesmeric strength, of those extremely sensitive persons, who suffer from this inconvenience.

After you have succeeded in producing the various states up to this point, and thoroughly examined and become acquainted with all the minute details surrounding them, you may choose a very susceptible subject, and experiment with some of the higher phases of mesmerism, viz., the demonstration of the action of your will, thought-transmission, sympathetic transference of sensations, odours, sounds, passions, propensities, &c. In these experiments,

whether produced by mental volition or passes, the subject, while in a deep sleep and perfectly unconscious of the effect, without contact, and, in some cases, at a considerable distance, participates in all or any of these sensations, when experienced by the operator, and, further, is incapable of any sensations except these. This fact of undoubted transmission of influences, will account for many dreams, &c., that would otherwise appear inexplicable. I have often met with cases, where two or more persons have dreamed the same dream over and over again; and, in some instances, I have projected my thoughts to sensitives at a considerable distance, and influenced their dreams; but, when close to them, or in the same room, this is comparatively easy.

One evening, whilst trying some experiments with Mr. Hopcroft,* in the presence of a few private friends, at my house, I put that sensitive into the mesmeric sleep, and allowed the company individually to question him. One of the ladies present, essayed to put a question, when she was seized with a slight spasm. Her mind for a moment became confused; and the intended question was superseded by another, transmitted from a second lady in the company, who was anxiously desiring, at that instant, to put her question to the sensitive. The same moment all in the room, except the sensitive, saw a broad ribband of light extend from under the left breast of the second lady, past the intervening sitters, and connect itself with the breast of the first lady, forming a connection between the two. This phenomenon continued several seconds, gradually fading away, and may indicate the source of the influence

* This gentleman is my subject in all the large illustrations in this book.

we feel, when in the presence of bad-tempered or evil-disposed persons. Parents, who wonder why their children are fidgety and cross, would probably solve many problems, if they would only observe the power of this vital human magnetism.

In your first endeavours to transmit this power, it may be necessary to establish contact, or, sometimes, to form a chain by linking hands, and silently willing certain questions through the whole chain. You may also produce very interesting experiments by tasting certain flavours yourself, unseen by the subjects, and conveying the taste to them. Will them to raise their arms, or place them behind an open door, and draw or repel them at pleasure. Next, place them in a part of the room where they cannot see you, and allow yourself to be slightly pricked or pinched, and they will feel all the sensations you feel; at the same time, they could not feel the pain of a surgical operation, if performed upon themselves.

When a patient is in the Cataleptic state, you may show a very interesting and innocent experiment. In the first place, test the pulsations of his heart; then, by slow, gentle passes over the whole front of the body, you will reduce them, say, from 100 to 80 per minute. At one of my private mesmeric seances, before Drs. Wyld, Skelton, and Malcolm, I reduced the subject's pulse from 110 down to 80 in a few minutes, by the means described, showing the use of these passes in cases of fever and other exciting causes. Don't keep the subject longer than necessary in this state, but lift him upon his feet, and make passes with your right hand across the spine from top to bottom; then with your handkerchief dash vigorously across the whole

body—legs, head, back and front—until he is thoroughly restored to his normal state. Sometimes it will be necessary to blow a strong cool blast from your mouth, at about eighteen inches distance, on the nape of the neck and in the face, willing at the same time that he shall wake; but make no mistake here, always remembering that breathing a warm current, at close contact, deadens or intensifies the sleep.

Plain water, medicines, or any liquid, can be mesmerized in the following manner:—Place in an open vessel, make passes with both hands over the top and down the sides, willing that the aura shall impregnate the liquid. After twenty or thirty passes, having set the magnetism in active motion, rest the hands on the edge of the vessel, with the fingers pointing inside, using the will vigorously. Alternate the passes with this pointing, for twenty or thirty minutes, or until you feel impressed that the liquid is thoroughly charged.

Any fabric, paper, &c., may be made to convey mesmerism, when properly charged in the following manner.

In order to prevent undoing the first passes by an unconscious reversal, when you repeat the charge for the second or third time, mark one end to be known as the top; placed in any convenient position, dash your hand, with the fingers slightly but naturally distended, and draw it gently from the top, with a slight wavy motion, to the bottom; then close the hand as though picking up a slippery substance, bringing it back, at least twelve inches away from the objects: then dash your open hand again on the top, and repeat this motion from twenty to thirty minutes.

Mesmerized fabrics or liquids should never be

handled by another person, until they are used, and should be strictly kept in the dark.

Although, to many persons, the most intensely interesting part of this science will be comprised in the wonderful phenomena exhibited in the condition of clairvoyance, and its kindred states; yet, amongst the infinite variety and fertile resources for study, displayed in mesmerism and its application, that treating of the influence of metals and drugs, on subjects in the mesmeric sleep, is most instructive, not only physiologically but psychically.

Iron, gold, silver, platinum, copper, zinc, &c., &c., produce, when in contact or held at certain distances, innumerable sensations and effects. I am very doubtful, whether the faculty, possessed by some persons, of discovering the locality of springs of water and minerals underground, could not be traced to proceed from a condition analogous to the sensitiveness of the subject to metals, &c., during the sleep.

Various drugs produce, when in contact, physiological effects the same as when administered to the patient; and, at times, psychical effects, displaying what may be considered hallucinations, will occur.

CHAPTER VII.

CLAIRVOYANCE.

CLAIRVOYANCE—INSTRUCTIONS FOR PRODUCING THIS STATE—INDICATIONS OF THE PHENOMENA OBTAINABLE IN THIS CONDITION—INSTRUCTIONS FOR PRODUCING OR DEVELOPING THIS STATE, WITHOUT THE ASSISTANCE OF AN OPERATOR—KINDRED SUPER-SENSUOUS STATES:—CLAIRAUDIENCE—PREVISION—INTROVISION—TRANCE—ECSTASIS—GENERAL REMARKS, AND A CASE OF SPONTANEOUS MATERIALIZATION—RECAPITULATORY OBSERVATIONS.

This condition of super-sensuous exaltation, and other analogous states, may occur, spontaneously, the first time a subject is put into the mesmeric sleep; with the majority, it is never induced, and with others, it may be developed by repeatedly mesmerizing periodically, at about the same hour.

It will be found necessary to exercise great patience and perseverance in order to bring subjects into this extraordinary state. When you succeed, they will, with closed eyes and perfectly unconscious, describe scenes and objects altogether outside of mortal ken. The mind travels to distant places, and the subject not only sees but describes objects and persons, also events that are then taking place.

By being put *en rapport* * with persons at any

* This is done by giving the subject a lock of the person's hair, a letter written by, or a portion of the clothing worn by, the person.

distance, whether entire strangers or not, they can nearly always find and describe them and their surroundings, also what they are doing; all in such a perfectly natural manner, that there can be no doubt they simply relate exactly what they see, the accuracy and minuteness of which is invariably corroborated if the necessary trouble be taken.

I could fill volumes in relating the singular psychological phenomena revealed in this state; but every operator by whom this state can be produced—for it does not occur with all—would undoubtedly prefer to experiment, than rest content with a description of the results of others.

Many persons, who have not the advantage of the assistance of a good mesmerist, may develop themselves by gazing at a disc every night after being comfortably settled in bed, with the light carefully placed out of danger so that the mind be free from anxiety or fear of fire. The time at which to wake up in the morning should be firmly fixed in the mind; and, in ninety-nine cases out of a hundred, this will occur at the time decided upon. This practice continued, will induce a peaceful habit of sleep, and in those cases that are capable of passing into the state, if persevered with, will gradually develop clairvoyance.

However, as the one case in the hundred must be provided for, some member of the household in whom you can confide, should be instructed, verbally or in writing, as follows:—"Please knock loudly at my door at seven o'clock in the morning; if I should not answer, come into my room, take hold of my hand with your fingers in the middle of my palm, and your thumb on the ulna nerve, which is situated on the back of, at the centre of the hand, between the

first and second fingers, about an inch and a half from the knuckles. Shake my hand sharply, and call 'Right,' at the same time dashing a handkerchief smartly across my face several times, or blow a few sharp cold blasts from the mouth, between my eyes. Care must be taken that the blowing be done at some distance, as breathing in close contact will deepen the sleep instead of awakening."

CLAIRAUDIENCE is also another development of mesmerism, and occurs spontaneously during the exercise of the faculty of clairvoyance and its analogous states. It is the condition in which the subject hears spirit-voices, without the exercise of the organs of hearing, as used in the normal condition, and is the supersensuous faculty of hearing, as clairvoyance is of seeing with the spiritual sight, the spirit being able to see and hear, unimpeded by the limited senses of material matter.

PREVISION is an analogous state, and very useful in guiding the operator: it is the power of foretelling future events, ranging from the prediction of the time of waking from the mesmeric sleep, the time of changes, and the states and conditions capable of development in themselves, (with full instructions as to the best methods to be employed), to very remote and important prophecies. But, as a rule, the predictions only refer to themselves, especially in medical cases, where symptoms and crises are foretold to the minute, and very accurately described.

INTROVISION, or the examination of bodies for the diagnosis of diseases, is another analogous state. Some clairvoyants can see and describe, the disturbance of the part of the brain concerned in every manifestation of physical or mental action; the body

also becomes transparent, and every motion of all the organs can be observed and accurately described. The power of similarly examining the body of any other person, no matter how far distant, can also be induced by establishing rapport. The value of this state cannot be properly estimated. It can be utilized in discovering lost property, thieves, criminals of every description, the exact whereabouts of friends who may be travelling, and their condition. It would be of wonderful service in historical researches and other matters relating to past events, provided the necessary rapport could be established, in every case.

All this, and a great deal more that can be accomplished, must appear very wonderful in our present state of advancement, yet deficiency in actual knowledge of these matters; and, I cannot help thinking, mankind is possessed of powers, which, when evolved, will make the phenomena of the present day merely ordinary occurrences, and the acquisition of this faculty, with other spiritual gifts, will become a necessary portion of every child's education.

Clairvoyance is a faculty possessed by and capable of development in many or, it may be, in all domesticated animals. So far as my experience goes, I have satisfactorily produced this state in dogs and horses by mesmerizing them. These animals are particularly sensitive to the influence, and will repay, with interest, any gentle and humane experiments that may be tried upon them.

TRANCE.

This is a state in which the subject becomes torpid or apparently dead; it occurs spontaneously, or

may result from mesmeric influences. It is distinguished from the ordinary mesmeric sleep, by the loss of consciousness. There is no danger likely to result from this condition, although the subject may remain in the trance for weeks, without taking or requiring food or drink, and, when revived, may find some difficulty in realizing, that it was any other than an ordinary sleep.

The ecstatic state differs from the trance-condition, in so far as the subject simply passes into a higher, purer state of existence, and apparently sees and converses with spirits, and contemplates visions of wonderful beauty and perfect beatitude. The spiritual body appears quite detached from the material or earthly body, and, if pushed too far, there is danger in the possibility of the escape of the spirit to the regions of bliss. Nearly all subjects regret "coming back," as they term it; and if allowed to describe all they see, without any suggestions or interruptions from the operator, the most remarkable, absorbingly interesting results will follow.

Many subjects, in giving other details connected with the development of the powers attainable with them, will intimate exactly as to date and time when this condition will be induced.

I have given, I hope concisely, what I consider the best and easiest methods of producing the different states of mesmerism, but would by no means wish it to be thought, that these instructions are infallibly applicable to every case. Different methods are successful with different subjects, and although gazing, making passes, and concentrated will-power are the most effective and reliable means of producing the sleep, yet, I have been quite

successful, with certain patients, by simply gazing into the eyes without making a single pass; or, in conjunction with the gazing, simply establishing the mesmeric rapport; in some cases, will-power alone, with others, administering a little mesmerized water, or the application of a mesmerized fabric to the stomach, spine, or top of the head.

In some of the higher stages, if care is taken not to disturb, strange phenomena will sometimes occur. Even materializations have many times taken place spontaneously.

On one occasion, at a private seance, we had the good fortune to bring out the doubles of the sensitives. Two came away from the bodies, towards the audience, a distance of fourteen feet; and, at the same time, the doubles of the other two sensitives, rose up about twelve inches above their heads, exact counterparts of the sensitives; the only difference being, that the duplicates were semi-transparent, while the four sensitives sat on the chairs, in a deep trance.

All the eight forms were visible at one time, in a strong light, and were seen by twenty-six people. This phenomenon, I have tried over and over again to re-produce, under what I have thought to be similar conditions; but, alas! we have not yet mapped out with sufficient minuteness, these unexplored seas of wonder.

Future generations may, and no doubt will, penetrate further and deeper into these wonderful mysteries than we have been privileged to go. This will only be obtained, when sought after in a solemn and reverential spirit, by those who wish to use it for good. To such alone will the higher phases of this science be revealed. We hope the day will

soon come, when those who use it for evil of any kind, will be scouted. The buffoonery and cruelties practised by those wonder-creating charlatans, who prostitute their gifts to those degraded purposes, for the sake of scraping together the means for such a disreputable existence, will have no charm for those whose minds have been refined by the proper study of this science.

Knowledge of all kind should be, to those who seek it, as free as the air we breathe; and I trust my instructions in the truths of the science of mesmerism may dispel much of the mystery and superstition attributed to it, and stimulate many an honest inquirer to a candid and unprejudiced study of this powerful agent for the amelioration of mankind.

RECAPITULATORY OBSERVATIONS.

Beginners should always have a confidential friend present, but, until very expert, as few spectators as possible, especially during initiation. They should never commence experimenting until, by practice, graceful facility in making the passes has been acquired, and the power of gazing fully developed. No mesmerist can make a subject sensitive, if not naturally so, although patience and perseverance will be well rewarded, with the most unpromising cases. In choosing subjects, never allow those that are difficult to influence, to remain near those that are sensitive; strictly prohibit laughing or talking; always speak calmly yet firmly; act with decision, and ever preserve your presence of mind. Never attempt too much, but proceed slowly and surely. In order to keep the mind concentrated on the subjects, and to ensure an easy sequence of experiments, without having to think

what shall come next, a programme should always be prepared; it is often of great service, and saves confusion. Always maintain the mental supremacy, and never weaken your control by becoming familiar with your subjects. Carefully watch for any symptoms, indicating that the subject is not suitable for mesmeric experiments. When the mesmeric sleep is produced, always make the subject promise to resist the influence of any other mesmerist. Except in combinations, always remove one impression before imparting another; and, in terminating a series of experiments, always finish with an illustration of an elevating character, and thoroughly demesmerize every subject.

The next chapter, I shall devote to the description of the application of this science to the healing of diseases, and other curative purposes, all authenticated cases of my own personal experience.

CHAPTER VIII.

ENUMERATION OF CASES, AND METHOD OF TREATMENT ADOPTED IN THE FOLLOWING DISEASES:—PARALYSIS, QUINSY, LUMBAGO, GOUT, GOUTY-ECZEMA, ASTHMA, SCIATICA (TWO CASES), DELIRIUM TREMENS, RHEUMATIC GOUT, CONSUMPTION, FEVERS, MEASLES, CROUP, DIPHTHERIA, BURNS AND SCALDS, TUMOURS, ETC., WITH INSTRUCTIONS FOR PREPARING THE NECESSARY REMEDIES, AND HINTS ON DIET IN VARIOUS CASES.

It is often asserted, even by impartial observers, that many so-called cures, effected by mesmeric treatment, are not permanent. Undoubtedly, many cases are met with, where temporary relief from acute pain in local parts, has been effected, and the symptoms of disease removed; yet, seeing that the requisite attention to the seat of the disease is seldom if ever given, a large proportion of deep-seated chronic cases must relapse. In disease, the congestion that causes the obstruction or unhealthy accumulation, in the part or organ affected, must be removed, to produce a cure or permanent benefit. There is no safer or more effectual means of supplying vitality to the nervous system, to remove these congestions, than animal magnetism; and the following case of paralysis, one of many in my experience, will show what can be done when the patient is treated thoroughly and systematically.

PARALYSIS.

One Sunday morning I was fetched to an old gentleman who had been paralyzed during the night.

I found him, as often happens in these cases, with one side affected, the arm, leg, and face very much contracted. Soon after my arrival, a celebrated physician, a specialist in paralysis, was ushered into the room. Of course, he would not believe that I could do anything for the patient, and professed total ignorance as to how I could magnetize him. However, after examining the patient, and declaring him to be paralyzed, a fact everybody in the room was perfectly aware of, he thought, in order to satisfy the patient, who appeared very anxious and superstitious about the matter, I might as well try: ungraciously expressing his opinion, that I could do neither harm nor good with my mummery.

I now commenced operations. With an oil medicated by the infusion of southernwood, thyme, and wormwood, I rubbed the whole of the spinal column, always observing a downward motion, at times almost like stroking, for half an hour, stopping occasionally to wash off the greasy, sticky matter that exuded from the skin, using very hot water and a large sponge, in order to infuse all the heat possible into the spine.

In a little time, the congested parts were discernible as white patches, with a death-like appearance. These required the most attention; and, alternately rubbing, bathing, and wiping with a dry towel, I succeeded in removing the congestion from the nerve-centres, restoring them to natural action, by enabling them to throw off the proper supply of nerve-aura.

I now turned the patient on his back, and made vigorous passes from the top of his head, down his body, right off at his feet. These passes I continued until I had the satisfaction of seeing his contracted limbs stretch straight out, and his twisted mouth resume its proper shape. The whole operation did not last more than an hour.

"Now, doctor, what is your opinion?" I said, throwing off the covering.

After rousing himself—for he had been sitting very quietly in a corner of the room, beyond the foot of the bed, apparently asleep, probably from the mono-

tony of the passes, or the influence radiating from the patient—he exclaimed:

"Marvellous! marvellous!! I must know more of this."

Putting on my coat, and after a little conversation, I took my leave, appointing to come next day at two p.m., and stating I fully believed that, if uninterfered with, the invalid would be able to walk, without assistance, ten miles on the following Saturday.

Presenting myself the following day at the time appointed, I was taken into the dining-room, and told that the doctor had called, and had left strict orders that I should not manipulate the patient again, at any rate, for the present, as he was afraid the treatment was too powerful. Notwithstanding the remonstrances of the invalid and his wife, the doctor declared the operation might be fatal, and, if so, he would hold the wife responsible. Thus the man, who twenty-four hours before had professed total ignorance of this treatment, asserting it could do neither good nor harm, after witnessing the beneficial results of my exertions, set up a determined opposition, prompted, I can only conclude, in this as in many other instances in my experience, by professional jealousy.

I returned home, disheartened and disgusted, wondering how long incompetence would thus be legally empowered to prevent any means of restoring a person so sadly afflicted.

Shortly afterward I received a telegram begging me to come at once, as nothing would pacify the invalid, who had experienced such relief, that he would not be hoodwinked or frightened into submission.

After a little struggle, to conquer pride and

offended dignity, I resumed my efforts, and within ten days my patient walked without a limp, his speech thoroughly restored ; and, with the exception of a little weakness, he was, to all appearance, a healthier man than before the attack.

The discovery and removal of congestion at the nerve-centres, indicated, as mentioned in the case just described, by the white patches on the spinal column, may be effected by the application of medicated oils that I have found invaluable, not only for spinal treatment, but for many purposes, such as chronic rheumatism, enlarged joints, &c.

MEDICATED OILS.

To every ounce of good neatsfoot oil, add one grain of chemically pure phosphorus dissolved in a water bath. Thoroughly magnetize before use.

Another, equally efficacious, is made as follows :—

Take of southernwood, wormwood, and thyme, cut small, equal parts. Put them in an earthen jar, and cover with good neatsfoot oil, stand on a warm hob for three days and nights ; but do not allow to boil. Then press all the oil from the herbs, pour on to a fresh charge, and put back on the hob for another three days and nights. Renew the charges three or sometimes four times, thoroughly pressing the oil from the herbs after every infusion ; and keep for use, well magnetized.

A lotion, quite as valuable for similar application, is made by substituting for the oil, distilled concentrated acetic acid, dilute one part with seven parts of water, to make the proper strength for the purpose. This, thoroughly infused with the herbs, according to the directions above, should be at hand in every household.

QUINSY.

I was called to a well-known public man, suffering from quinsy. All the efforts of his medical man had made no effect, and the case assumed a dangerous form.

I made a few longitudinal passes from the head and off at the feet, then placed my left hand at the back of his neck, and pointed with the right hand at the throat, moving it gently from side to side, for about ten minutes. I then made passes down by the side of the ears, over the neck; and, within twenty minutes, the quinsy burst, discharging a large quantity of pus. This operation speedily gave relief, and ended all danger. I left him a gargle of diluted *Hydrastis Canadensis*, which soon cleansed and healed his wound.

LUMBAGO.

About three years ago, whilst staying at Bath, I called upon that wonderful octogenarian, Mr. S. C. Hall, and was much concerned to find him completely prostrate, unable to raise himself in bed, whereupon I volunteered to magnetize him.

After a reluctant consent, I made gentle passes from the top of his head, down the whole body and off at the feet, for about twenty minutes, and then placed my right hand under the back, covering the lumbar regions as much as possible, and my left hand on the stomach until I felt a reaction. I then placed my right hand at the back of the head, and the left on the forehead, a little while. Then made a few passes over the whole body, to circulate or distribute the fluid, and took my leave.

The next evening I received the following letter:—

14, BURNELL STREET, BATH, *April* 13, 1884.

Dear Sir,—It is only right and just, I should let you know I am entirely relieved of all sense of suffering; quite free from all the pain you saw me enduring, when you chanced to call upon me this morning. I have written chance, if chance it was, but I verily believe you were sent to my aid, by some good guides possessed with power, that you did not know that I was ill, and who instructed you what to do for me. It was but the second time I had ever seen you. You were utterly unaided by faith on my part. It was the first time I had ever been subjected to magnetism, although I knew its most famous professor—my friend Dr. Elliotson—nearly forty years ago. Your unwilling patient I was not, but as certainly I was not a believing patient.

Before you came, I had been examined and prescribed for by one of the most eminent physicians in Bath, but I had not taken his medicines, and have not since needed them, as they were

needless. I consider it only right to prove I am certain it was your treatment that had this wonderful effect. Some time has now passed since you were here; I repeat I am entirely free from all sense of suffering—and the pain you saw me enduring, when by chance you paid me a visit, and could by no possibility have known I was affected by any ailment.

The natural sense of gratitude compels me to write this.

Faithfully and gratefully yours,

(Signed) S. C. HALL.

P.S.—I have kept this letter back until the 14th. Thank God! I am to-day quite well.

GOUTY ECZEMA.

A gentleman came to me suffering from a very bad attack of gouty eczema, with serious kidney and liver complications, causing complete stricture of the urethra. His urine percolated through the walls of the bladder and the groins, rendering his condition truly deplorable. I candidly told him I feared nothing could be done; but he said I was his only hope, his last resource, as he had been told he could not live six months.

I therefore took him in hand, and thoroughly saturated the whole body, brain and spine, with magnetism, by passes from the head to the feet, back and front; and gave him a drink made as follows, to be taken *ad lib.*:—

Yellow dock root, four ounces.
Clivers, four ounces.
Marshmallow, two ounces (boiled in two quarts of water, slightly sweetened with glycerine).

Also the following decoction:—

Wood betony, two ounces.
Angelica root, two ounces.
Bogbean, two ounces (extracted by proof spirit), and
Glycerine, sixteen ounces.

Which makes a very nice liqueur.

DOSE:—One tablespoonful in a tumbler of hot water upon going to bed; instructing him to wash the eruption, &c., with water in which beetroot had been boiled, alternating, every three days, with stewed marigold flowers.

In forty days he made the following remark :—"I have neither speck nor spot about my body, and am altogether in better health than I have been since I was eighteen years of age."

It is now nearly two-and-a-half years since he was treated, and he is in perfect health still.

ASTHMA.

I had the honour of giving three practical lessons in mesmerism to a celebrated specialist for chest diseases. When I mentioned that vigorous breathing through three or four thicknesses of towel or flannel, from ten to fifteen minutes, and in some cases longer, on the spine and other nerve-centres that govern the part affected, will sometimes do wonders in fits of asthma, congestion of the lungs, and in chest troubles, he seemed struck with the idea, and some few weeks after fetched me to a test case suffering from a very severe attack.

I found the patient, a lady, painfully labouring to breathe, with other distressing symptoms. I placed three thicknesses of flannel on her back, and breathed vigorously between the shoulder-blades, rather low down, in close contact, placing my right hand on the stomach; in ten minutes I had the satisfaction of seeing the patient breathing easily, and chatting and laughing cheerfully.

Presuming on my success, I privately pressed the doctor to carry out my treatment in its entirety, to which he readily consented.

Re-commencing, I thoroughly charged the spine, carrying off at the outlets occasionally, then made dispersive passes over the chest and down the arms, paying great attention to the heart, which soon became stronger, and finished with passes from the knees, off at the toes, also rubbing the back with the magnetic oil occasionally.

I then gave the following medicine :—

Heartsease or wild pansy, two ounces.
Liquorice root, half an ounce.
Sanicle, three ounces.
Glycerine, six ounces.
Water, three pints.

Boil gently for one hour; pour on to three ounces of wild thyme. Let it stand until cool; press and strain all the liquid, and bottle for use.

DOSE.—One teaspoonful as often as required.

This is equally good for bronchitis, whooping-cough, or any chest trouble. I was very particular to see that the kidneys and liver were performing their natural functions, and gave, to assist them, the following prescription, to alternate with the former:—

Pellitory of the wall, two ounces.
Kidneywort, two ounces.
White poplar bark, two ounces.
Pennyroyal, or watermint, or catmint, or lemon balm, one ounce.
Glycerine, six ounces.
Water, three pints.

Made as before, and poured on to the mint.

DOSE.—A teaspoonful should be given in a tumbler of hot water before going to bed, and one in a half-tumbler in the morning before breaking fast.

Caution:—All aromatic herbs should never be boiled, but scalded and closely covered up, to prevent the volatile oil evaporating.

I received the following letter from the patient:—

Dear Sir,—My sufferings for the last ten years have been so great, that I can scarcely realize being now able to get about without trouble this severe weather. This I owe to your treatment.

Ever gratefully, Yours,

SCIATICA.

A young officer came limping to my door, suffering from sciatica, and, after twenty minutes' manipulation, was completely freed from pain, but not permanently cured.

About a week later he came again, much of the pain having returned, though not so severe. When I questioned him, he told me that he was in the habit of drinking champagne and other wines very freely—even to excess—and a friend who came with him remarked, that he consumed a great quantity of animal food. I refused, notwithstanding the prospect of a good fee, to prostitute my power to the encouragement of intemperate habits, and told him that unless he gave me a solemn promise to strictly follow a rational course of diet, &c., I would not treat him again.

Like Naaman, he went away offended; but, unlike Naaman, he had no good counsellor, so he hobbled off, and went to the baths at Algiers, from thence to Germany, and then to Ireland; and after submitting to numerous cuppings, blisterings, drilling, &c., without any relief, he wrote a very urgent letter asking me to again take him in hand, and faithfully promising to follow my directions.

I commenced by correcting his stomach, opening the kidneys, and gently removing the impacted accumulation from the bowels, with the following medicine :—

Pellitory of the wall.
White poplar bark.
Burnet.
Kidneywort.
Mountain flax: equal quantities.

Bruise and cut up small, like chaff; well mix. To two well-filled tablespoonfuls of this mixture of herbs, put one pint of boiling water, stew several hours, strain, and sweeten with honey or glycerine.

Dose :—A wine-glassful two or three times a day, after meals.

After the first week, I left out the mountain flax, and continued the other ingredients. This is almost an unfailing remedy for dyspepsia and its numerous attendant evils.

When the functions of nature were restored to their normal

action, particularly the gall—which is indicated by the fæces changing from a pale clay to the natural colour—I gave

Poplar bark.
Kidneywort.
Wood betony.
Burnet.
Pellitory of the wall.

Made and taken as the other.

Making him stand, leaning a little forward with his hands on a chair, I magnetized his back, making passes with both hands down the spine, over the hips, down the thighs, and off at about the knees, carrying every third or fourth pass off at the feet.

The symptoms in this case will serve to illustrate many :—The pain became very acute, but quite altered in feeling. Instead of the dull, aching, sickly pain that had hitherto troubled him, it became sharp, tickling, and, as he described it, he did not know whether to laugh or cry. All around the lumbar regions became discoloured, the pain and discomfort leaving him after six treatments; but I gave six more to be sure of no return.

This circumstance occurred over two years ago, and I am pleased to relate, he has had no return of the pain, and has relinquished his old evil habits, which I consider a grander accomplishment than the cure of his disease : to save a man from becoming an habitual drunkard, is an achievement of which any one may justly be proud.

SCIATICA.

Three years ago a young lady, aged about seventeen, was brought to me in a bath-chair, accompanied by her mother, having suffered from sciatica for about two years. Her medical man had given her morphia to lull the pain, to such an extent, that her sight was almost gone. Without any of those immodest examinations to which she had been subjected, to her horror and disgust, by the usual treatment.

I made passes from the organ of individuality, bringing the finger-tips of my hands very lightly round either side over both

of the ears, to the back of the head, crossing the optic nerves, where at each pass, I felt impelled to let them remain ; then down the base of the brain, across the shoulders, down the arms, and off at the fingers; varying the passes by bringing every fourth pass over the top of the head and down the spine. This I continued for about twenty minutes, when she took a copy of "THE MEDIUM" that lay on the table, and to her great delight read it without difficulty, exclaiming, "Mother! I can see."

I now directed my attention to her chief trouble, making passes from the nape of the neck, down the spine, and across the hips, until I felt those parts were well charged. I then made her sit upon my right hand, with the palm upward, making passes with the left, down the thigh and leg, off at the foot; and, in a few minutes, I had the pleasure of hearing her say: "I feel the pain going down my leg and out at my toes." These passes I continued until exhausted, notwithstanding the patient's repeated assurances that the pain was gone.

The only drawback to this pleasant experience was: the poor bath-chairman lost his fare, for she could not be persuaded to ride, but walked home with ease. She came four times afterward, to more fully establish the cure, and restore her general health, since which she has had no return of the malady.

NOTE.—This young lady's mother told me that, the morning after the first manipulation, she examined her by my directions at home, and found the seat of pain completely black, similar to a bad bruise, and extending some distance down the thigh.

I could mention numerous cases of recent date, but prefer proving that these cases are not temporary, as is often asserted, but permanent; further, the effect on the brain is pleasant, strengthening and enlivening ; above all other advantages, the patient is not compelled, however reluctantly, to submit to any of those disgusting examinations, that tend to destroy the heaven-implanted modesty that is dearer than life to the uncorrupted maiden, and which it should be the duty of every honest man to guard and protect.

PARTIAL PARALYSIS AND DELIRIUM TREMENS.

I was called by a medical gentleman to a poor man suffering from partial paralysis and delirium tremens; want of sleep being the patient's great trouble.

I found him raving mad, and the family worn out with their efforts to restrain him. He was held down by two strong men. This had been going on, without any sleep, from Friday until the Wednesday evening following at seven o'clock. (His medical adviser told me he had given him all the sleeping-draughts and aperients, that he felt was safe, without jeopardizing his life, with no other effect than to increase his malady.)

When I entered the room, I ordered everyone to leave the bedside, and stand as far off as possible; telling the men who held the patient to let him go. The family remonstrated, and told me he would do mischief, strike me, &c.; but, as I happen to be one in whom nature and hard work have developed plenty of muscular power, I had no apprehension of danger, but felt equal to any emergency.

As soon as my orders were complied with, I fixed my gaze intently on the patient, walked up to the bedside, and placed my hand upon his brow, looking fixedly into his eyes; in a few moments he nestled his head close to me, like a child to its mother, shut his eyes, and fell into a profound slumber, from which he awoke perfectly rational, at half-past three next morning, nature having performed her long-suspended functions, after an interval of five days. I would further add, that, after he went to sleep, I magnetized him over the whole body, without contact, for half an hour, taking care not to catalepse the limbs, but to leave him without any rigidity of the muscles. A very important precaution when the patient is left to sleep for any time, and always ensured, by keeping the outlets thoroughly open.

RHEUMATIC GOUT.

I was sent for to attend a lady in the country suffering from rheumatic gout. When I arrived I was introduced to my patient, she had been a beautiful woman, but was a complete wreck, although, as regards age, in the prime of life. This lady's illness commenced with indigestion. About two-and-a-half years previously everything she ate or drank turned acid on her stomach; constipation and derangement of the kidneys followed as a natural consequence. The skin became obstructed, and uric acid began to deposit.

The doctor administered mercury, bromides, &c., which soon incapacitated her from all physical exertion; and, within sixteen months, she became a confirmed invalid, unable to walk, feed herself, or even turn her head. Homœopathic remedies were then tried, under the direction of an eminent physician, and this more rational practice somewhat checked the disease, and gave her a little relief, but nothing more.

I have only recently taken this case in hand, have given relief, and hope to make a complete cure; but considerable time will be required, as the heart is in a very bad state, which will necessitate careful and gentle treatment.

This is a simple case, and what a lesson we may learn by tracing it to its first cause, instead of, as is usual, scientifically watching the effects of the disease, dividing and subdividing its action on the various organs of the system.

Indigestion, resulting from an insufficient supply of gall, is found to be the earliest symptom of two-thirds of all our diseases; yet those unnatural, highly concentrated foods, which require more than the

system can continuously supply of this important fluid, are partaken of so freely, that there is not a sufficient quantity of gall to act as an irritant, and cause the mucous membrane to throw off the lubricant that conducts the fæces through the bowels. Particles adhere to the walls of the intestines, become impacted, ferment and generate gases that cause distention, this obstructs the circulation of the nerve-aura, by closing the cavities through which the nerves pass, and the action of the heart, lungs, &c., is impeded.

Natural, pure, simple food stuffs should constitute our diet ; they are invaluable in supplying wholesome nourishment in the proper proportions required by the human economy: further, I am strongly of opinion that we should ignore the dictates of fashion and retain those parts of our foods that are separated, at much labour and cost, and thrown away.

Sugar, when taken in its refined state, is a potent factor of disease, while the whole sugar, as extracted from the cane, is a wholesome article of food: common treacle is far superior to the refined syrup, and is a good digester.

I remember treating a gentleman who suffered greatly with chronic pains in the stomach, and to whom I recommended treacle or honey, and a total discontinuance of ordinary sugar.

After several days, he told me that the change in his condition was very marked; he felt the honey and treacle nourish and soothe his stomach and bowels, whereas, before, the sugar turned acid, and caused pain and constipation.

CONSUMPTION

The vampire that sucks the vital stream of life from the fairest and most lovely of our species, and

with mocking cruelty, lulls them with false hopes that flutter in the breast, till the last moment arrives —has baffled the most scientific of all countries and ages, who, like the critics of spiritualism, have wandered off into far unknowable regions of mystery, rather than utilize the simple yet effective remedy that flows off at the finger-tips.

The method of treatment, in the following case, is equally applicable in all ordinary cases. This patient had been gradually getting worse for two years, notwithstanding all efforts to relieve her. She had just lost her brother from the same disease; and I found her unable to leave her bed, suffering from a continuous cough, with other distressing and strongly marked symptoms.

I commenced by thoroughly magnetizing her* from head to foot, back and front, taking strict precautions to tie a handkerchief, saturated in diluted acetic acid, over my mouth, and having a basin of the same close by, to continually wash my hands. This necessary precaution should be strictly observed in most cases; further, in many instances the magnetism flows freer from damp hands, yet there are cases that can be better treated with dry hands. Discrimination is necessary in this particular; and the magnetizing should be continued for thirty or forty minutes, every twenty-four hours. The body should also be sponged all over every morning with acetic acid,† a pint and a half, and a quarter of an ounce of essence of peppermint to three pints of water—rain-water preferred. The first diluted acid should be used on the spine, and washed off with very hot water, when smarting takes place, and dried with a rough towel. After the first week, oil of thyme should be substituted for peppermint.

* I have this case now in hand, and hope to make a complete cure in due course.

† The proper strength for all curative purposes, and for application to the spine, is one part distilled concentrated acetic acid to seven parts.

The following medicines should be regularly given :—

Finely powdered mullen.
Finely powdered comfrey root.
Equal parts.

Put a level tea-spoonful in a tumbler; beat into a paste with a little water or milk, and pour over it enough boiling milk to fill up the glass.

Let it stand ten minutes, and drink, leaving the dregs.

This should be taken three times a day, between meals, for an indefinite period.

The following medicines also :—

Heartsease or wild pansy, one ounce.
Burnet, one ounce.
Pellitory of the wall, one ounce.
Thyme, one ounce.
Barberry bark, one ounce.
Glycerine, one pound.
Cold water sufficient to cover the whole.

Put into a wide-necked bottle, and allow to stand a week or longer, shaking every day. Take one tea-spoonful in a little hot water after each meal, or when the cough is troublesome, and alternate each week with—

White poplar bark, two ounces.
Sanicle, two ounces.
Betony, one ounce.
Wild cherry bark, one ounce.

Made like the former, and the same dose.

Continue the magnetizing every night, if possible, and let the patient have all the pure air that can be had.

Diet :—Whole meal of any kind; Egyptian lentils; slippery elm bark; deep sea fish; yelks of raw eggs; cod's liver, boiled or fried; salad oil, &c.

Circumstances may require slight modification of this treatment, which I shall be pleased to advise on by private communication. Keep from wines, spirits, meat, cooked eggs, malt liquors, and *doctors*, and you may become a living proof that consumption is curable.

FEVERS.

Magnetism has been found of great service in fevers of every kind, by regulating the circulation, giving increased vitality, opening obstructions, and assisting nature to throw off the poisonous elements that have been absorbed by the system.

Many times I have lowered the pulse from 110° to 80°, by making gentle, downward passes over the whole body. But, in all such cases, great care should be observed, where necessary, to fortify the operator's system against contagion and infection, by constantly washing the hands in some disinfectant, as diluted acetic acid, half-pint of ordinary strength to one pint water; and taking from twenty to thirty drops of concentrated tincture of *Avena Sativa*, which may be obtained pure from any good chemist. This tincture is the most powerful and innocent nerve-stimulant known, and, unlike most stimulants, is perfectly free from after-effects, producing no reaction whatever. It is also invaluable in nervous debility, paralysis, opium habit, dipsomania, &c. It is also necessary to wash the whole body after contact in diluted acid.

But while applying these external remedies, the internal fire must be kept up, by powerful but innocent stimulants, such as pennyroyal or any kind of mint, virginia snakeroot, &c. Sometimes an emetic of vervain will be useful. A nice refreshing drink may be made of lemon balm, sweetened with honey or glycerine, which the patient may be allowed to drink without restraint.

Keep up perspiration, and, in a few days, the patient will be well, without any of those tedious or anxious waitings and watchings for a period of incubation.

You cannot do wrong by applying this treatment at the first symptoms of fever, although it may be the early stage of any other disease.

MEASLES, CROUP, DIPHTHERIA.

Measles, croup, diphtheria, and all such diseases, will be checked, or rendered comparatively harmless, by this treatment. When the disease declares itself, the following remedies will be found almost infallible:—One table-spoonful of common gas tar, and one table-spoonful of spirits of turpentine: mix well together in an iron vessel, or any other that will not break with heat. Put into the sick-room; set it on fire, let the patient inhale as much of the smoke as can be borne, and you will soon observe the leathery fungus in the throat dissolve into a watery liquid, giving freedom of respiration and destroying the germs. This should be continued even after all danger is passed. See that you get the proper spirits of turpentine, as many substitutes, such as are used in paints, go under that name, but a respectable chemist will be sure to keep the proper article.

BURNS AND SCALDS.

Great suffering, and often death, may be prevented in cases of burns and scalds, by using, as soon as possible after the accident, the following means, which I have employed, with never-failing success, for more than thirty years.

Take essence of either spearmint or peppermint, full strength, *not the oil, or what is known as mint-water;* sprinkle it freely on the place burnt or scalded; leave it uncovered to the free action of the atmosphere, and the pain ceases within a minute. But in five or ten minutes, the burning sensation

returns; then sprinkle again, with the same result. This may require to be repeated several times, according to the severity of the injury; but the remedy very soon conquers the pain, and if applied soon after the accident, no blister or other mark should be seen next day; in fact, in ordinary burns and scalds, the trouble should be over in thirty minutes. Magnetize the parts affected, and the legs from the knees, off at the toes, to prevent the nervous system suffering from excitement. If the injuries be extensive, magnetize the whole body.

TUMOURS, &c.

Internal tumours, and many other morbid growths, will slowly become absorbed by thoroughly magnetizing the nerve-centres governing those sluggish parts; observing my former directions of passing the hand from the nerve-centre over the part affected, and off at the nearest extremity, &c. Also carry out the following directions:—Take a piece of common fuller's earth, about the size of a hen's egg; put it into an earthen vessel, and pour over it two quarts of boiling rain-water, or distilled water. Let it stand until clear. Carefully pour off the clear liquid, and bottle for use. Dose:—A wine-glassful of this clear liquor, three or four times a day.

All herbs should be prepared for administration, with the whole of their properties retained, and, to secure this, must be decocted as simply as possible. An example of this is demonstrated in the powerfully injurious effect of quinine, as generally administered. This preparation is a potent destroyer of the human race, is never assimilated, but becomes deposited on the spleen, causing the most excrutiating suffering and other evils more painful, and, as a rule, more

difficult to cope with than the disease for which it was prescribed.

For those suffering from the effects of quinine, nothing, I find, will so effectually remove this deposit as a simple decoction made from Peruvian bark (from which quinine is made), letting the patient take the *whole* bark intact, simply scraped or powdered.

I refrain from mentioning any more of the large number of cases of various diseases, that I have successfully treated, or I may not know where to stop, and inflict my readers with monotonous repetitions; therefore, I will now pass on to my next subject—Massage.

CHAPTER IX.

MASSAGE.

MASSAGE—GENERAL REMARKS, WITH CAUTIONS AGAINST MECHANICAL APPLIANCES—APPLICATION OF TAPOTEMENT, EFFLEURAGE, AND PETRISSAGE—QUALIFICATIONS OF A MASSEUR—ANTIQUITY OF THE ART—CAPTAIN COOK'S EXPERIENCE AMONGST THE SOUTH-SEA ISLANDERS—VARIOUS ASPECTS OF THE TREATMENT, EFFECTS AND CONDITIONS, ETC.—AND SOME SUGGESTIONS AS TO THE LAWS OF ATTRACTION AND REPULSION, AND OTHER SPECULATIONS.

THE several different modes of applying the operation called massage have been distinguished with separate names. I intend to give a brief description of each in turn; and, in order to make myself understood by the uneducated, I shall endeavour to use the simplest and plainest language possible, avoiding, so far as I can, all technical terms.

This method of magnetizing the human body—for it is decidedly one of the many modes of infusing the vital force into the human system—seems to be coming into great favour, both with the public and the more liberal-minded portion of the faculty. The reason for this, I judge, is that it is one, though a rather low, gross, and less spiritual form, of the many different varieties or distinct modes, common among so-called mesmeric healers, of easing pain, removing disease, and infusing vitality into the suffering invalid.

There are other grosser and still less spiritual

methods of manipulation, which I have in other places warned my readers to avoid, namely, those mechanical appliances that are used as substitutes for the vital human force, or to give the worn-out or feeble magnetizer, more power by passing a magnetic current through his own body into that of the patient—a practice much to be deplored, as the force generated is entirely different from, and bears no relationship to, vital human magnetism whatever, besides giving, in many cases, unnecessary pain, being dangerous and never lastingly curative. I, therefore, recommend my readers to have nothing to do with those pretenders who use a battery of any kind. The use of mechanical appliances should be looked upon with extreme suspicion, as a poor substitute for the higher and more spiritual force, and as being a supersession of the natural by the unnatural. All the mechanical appliances ever invented cannot effect as much permanent good as that imparted from the hand of the feeblest natural healer. The human hand can never be superseded. The power inherent in man may be increased a hundred-fold; but it must be done by spiritual, not by mechanical means; and those healers who have recourse to the latter are retrograding, and will become grosser, more and more materialistic and incapable. If there be any virtue in us, let us use it pure and simple, as the Divine Author evidently intended we should; and when we are no longer able to do so, through whatever cause, let us leave it to more capable operators. Few, however, will be driven to this pass, unless it be, that by foolishly adopting the innovations above noticed, they sacrifice their powers instead of seeking to develop their more spiritual gifts.

Another reason why these mechanical means should not be used is, that they are dangerous, especially in hands unacquainted with the pathology of diseases. Although they may do little harm when applied by an intelligent physician, because he would know better than to use them under adverse conditions, they would become positively perilous in the hands of the ignorant. I have, therefore, always strongly advised, that the man who uses any but natural means should be avoided.

These natural methods, as before stated, consist of and embrace, many modes of procedure, which have received various names according to the form of manipulation.

The first of these methods, that I take up, I shall call TAPOTEMENT. It is a kind of percussion with the tips of the fingers, also the striking of gentle blows with the side of the open hand, the fingers being slightly apart, and the hand partly closed so as to form a cup, and to produce, as it were, a cushion of air, when brought into contact with the skin. Either the palms or the backs of the hands can be used. And this careful, quick tapping should never cause the slightest pain.

The next method may be named EFFLEURAGE. It is a form of stroking and rubbing, but not the frictional rubbing of the skin. It should be done with the palm of the hand, passing with a centripetal or screw-like motion over the surface, with some degree of pressure, in order to move the under parts of the muscles, the object being to disintegrate any morbid deposit either in the muscles or tissues. The hands should move as much as possible in the direction of the muscle-fibres, a kind of rotatory movement being always maintained. In order to

reach the deep-seated tissues, it may be found necessary to use the knuckles of the fingers, instead of the palms of the hands. Always avoid an upward as well as a downward direction, in any form of rubbing. Considerable practice and tact are requisite to perform these and other manipulations with effect, combined with comfort, to the patient. The intelligent healer, who thoroughly understands the object of the manipulations, and carefully watches their effects, will soon be able to operate with a certainty of producing marked beneficial results, while any carelessness, or want of observation and precision, will be likely to bring about a change for the worse. It will be easily understood why these centripetal or screw-like movements should be as much as possible in the direction of the muscle-fibres, when it is stated that the object is to penetrate deeply into the tissues; sometimes considerable pressure with the knuckles, just short of hurting, is necessary. When any pain is localized, the surrounding parts should be manipulated. The spine also, should invariably receive a portion of attention, the operation being carried in a direct line of communication from the spine to the seat of pain, and then, from the seat of pain to the nearest extremity. For example, if the knee be affected, begin upon the lower portion of the spine, and then all down the thigh as near to the affected part as possible, proceeding down the leg and foot, and off at the toes, the object of the movement being, to send an increased flow of nerve-fluid to the affected part, and allow it to pass out at the extremities.

Petrissage is another series of movements, considered by the profession, as the most important of all, and the most difficult to acquire. It is, no

doubt, a powerful excitant to the capillary circulation, arousing the dormant nerve-fluid into activity by operating on the deep-seated parts. The muscles are squeezed between the fingers and thumbs, part of the finger-tips resting on the upper part or cushion of the member operated on, the part so squeezed, being, at the same time, drawn through the hand with a rolling movement. The effect of this movement should be carefully watched, as the object is, to procure the absorption by the lymphatics, of morbid products and effusions, to increase the circulation, and rouse the vital forces. This deep action on the muscles no doubt tends, on the one hand, to dilate the blood-vessels and remove obstructions, while the gentle rubbing tends, on the other hand, to contract the parts, by bracing them. It will, therefore, be readily understood, that considerable discrimination is necessary in the practice of this portion of the art, in order to ensure success, and to prevent over-pressure on the brain, heart, or any other organ, thereby weakening or otherwise violently affecting them, in which latter case, this strong treatment should under no circumstances, be continued, gentle downward stroking with the finger-tips being substituted. There is little doubt, however, that, in chronic cases the muscles are rendered more contractile, and also more susceptible to the influx of nerve-fluid, in addition to the result already alluded to as regards the removal of effete matter and morbid deposits.

When the heart is strong, and there is no tendency to apoplexy, it is best to begin at the extremities, proceeding with the front of the body and ending with the back; after which the entire body may be sponged with soap and water or diluted

acetic acid. In chronic joint affections, and many other painful ailments, the use, in conjunction with any of the methods of the massage treatment of liniments, oils, and salves, may prove of great service ; but dry friction is often all that is required, the medicaments just referred to, not being absolutely necessary. A word of caution is here required, as to the protection of operators, in cases of contagious diseases, which is indispensable. The means to this end can readily be found in other sections of this book, though I may briefly mention that the following herbs, macerated in acetic acid, will be found efficacious, viz., wormwood, thyme, southernwood, golden seal, blood root, &c. The herb selected should be well broken up or bruised, and put into a wide-necked bottle, which should be filled with the acid (or prepared neatsfoot oil), and well corked, the whole being allowed to stand until wanted. The longer it stands, the stronger it becomes. Dry rubbing is preferable, if there be no danger of contagion, as the magnetism then flows unchecked.

I should here remark, that this manipulation is very useful, but, like the many forms of massage, should not be over-estimated at the expense of the higher and more potent arts of healing. Massage and rubbing are the materialistic or coarser forms of a series of methods, devised by human ingenuity for doing what can be much better done by simpler, easier, safer, and more natural means, without even touching the body. Exemplifications of this method of healing occur among us every day, and are reported from time to time in our periodicals, on the testimony of witnesses whose evidence is indisputable. But, in spite of this, it happens that the more laboured, grosser, and more materialistic the means

employed, the more readily it commands public recognition. Hence massage is becoming a pet of the faculty, while the higher and more spiritual modes of operation are, by the majority, ignored. Happily, however, there are a few noble lovers of truth, whose intellectual faculties are of a brighter and higher type than those who have not progressed sufficiently, to think for themselves and venture out of the groove of early imperfect teaching, or to break away from the leading-strings of traditional guidance. But the laws of the Great Creator are unfolded by advance and progress; and the pioneers of truth shall receive due recognition when the mists of bigotry, ignorance, and superstition are dispersed by the advance of the intenser and more penetrating light of matured reason and research.

Although I put massage in the lowest place of recognised methods of infusing vitality into the system, I by no means underrate its therapeutic value in cases where the patient is insensible to the higher or more spiritual modes of operation. Such cases may derive benefit from massage, where other means fail, as well as cases where there exist accumulations or deposits in the muscles, joints, &c., which refuse to yield to more gentle forms of manipulation. But, I am still of opinion, that massage should be employed only when the patient is not amenable to more refined and less violent treatment, and then, only with great caution, especially if any heart-trouble exists. Moreover, close application and careful attention are necessary for the acquirement of the art of massage; aud however minute and full the description of the details of each operation might be, a great amount of intelligence, aptitude, cultivation and tact, is required to become a

successful masseur. No one should attempt to train who is not adapted by the necessary natural gifts, or who has his powers deteriorated by disease or any other cause. The qualifications needed for a good and reliable masseur, are neither few nor unimportant; and, although a knowledge of anatomy will be found useful in practice, much more depends upon a loving, sympathetic heart, combined with careful penetration, quick perception, cautious observation of details, and, above all, the cultivation of those spiritual gifts, mentioned in Corinthians xii., these last, being of far greater value than the strict observance of those orthodox rules, that would bind the operator to forms and methods, such as tend to prevent the development of the higher nature, in the natural operator, and completely frustrate the efforts of the higher powers: a matter which should never for a moment be lost sight of by the operator. And it may be remarked, in passing, that a certain amount of respectful deference is due to those enlightened physicians who have thrown off the fetters that bind their confreres to obsolete customs; such, are worthy of esteem, as well as appreciation. To return to the subject of training in this art, it may be said, that although, as will have been seen, the standard of qualifications is high, requiring, besides, special virtues, which need not be mentioned here, but which can be readily apprehended, by earnest inquirers, yet those aspirants, who sincerely desire to give themselves whole-hearted to the practice of this art, who are ready to sacrifice every passion, indulgence or appetite, whether of the body or the lower mind, as well as any diverting ambition, on this purely spiritual altar, will find this art, in any of its forms of application, or manipulation a pure and

real pleasure; and will achieve a success, beyond their most sanguine expectations. They will become the mediums through whom higher ministering spirits can apply the astral influence to the afflicted; they will see their suffering, tortured, afflicted brothers and sisters, become calm, easy, and happy under their hands; they will witness the spectacle of the burning fever and the blighting epidemic, vanishing at their approach. The fire of delirium shall be extinguished by their touch; the suffering babe shall smile its thanks for their loving efforts, and anxious parents shall bless them. The aged who have been roughly handled in the battle of life, and whose wounds are unhealed, shall have their passage to the grave made smooth and painless, and often be brought into close communion with long-lost loved ones, the parting from whom has left an aching void, for which earthly consolation is inadequate. All this, and much more, shall be accomplished by the true healer, if his heart be properly attuned, and his soul placed in harmony with the real nature of the work; and the sphere of the spirit-world. Who but those practising this art can experience the ecstatic joy, that thrills through every nerve when he sees the happy change in the poor sufferer, under his manipulation, pain giving place to ease, restlessness to calm, despair to hope? Often and often, when dragging his weary limbs homewards, after some such experience, he will feel, that he would not exchange his position with the noblest in the land. How often from his heart, does the healer spontaneously breathe forth his thanks to God, both for the existence of this power, and for his humble share in its exercise over suffering humanity, notwithstanding the cry of pharisaical

sects, who ascribe this work to the devil, because unauthorised by them! Indeed, no proud conqueror of empires can truly compare with him who conquers disease and despair, and combats death itself.

I was called, a short time ago, to a gentleman suffering from rheumatic gout, the chief seat of the disease being the head, as well as the spine. His devoted, loving wife, with tears in her eyes, pointing to her husband's portrait, taken five years previously, said, "Look on that picture!" (it depicted a fine specimen of intellectual manhood), and then pointed to her husband for the contrast. He was propped up on a couch, a helpless, emaciated framework, with an almost imbecile look; for two years he had not known five minutes' cessation from the most excruciating agony in the brain, except during unconsciousness, produced by doses of morphia. She then related a pitiful tale of suffering, hope, and despair, day and night watchings, anxious consultations with the leading physicians in London, and their different opinions (in some cases, the opinions were quite opposite), with the result that the case was pronounced by one and all (this being the only point of agreement ultimately) to be hopeless, involving death within a year, preceded by a state of total imbecility. Confessing that she had no knowledge or faith, in the science and art of which I was a representative, she had, driven to despair, felt constrained to act on an impression, produced by the assurances of a friend, that no harm, at least, could come of a recourse to me, and therefore, had determined to try what could be done, by another mode of treatment than those methods which had so miserably failed to give even a little relief, or the slightest hope

I commenced with a few gentle magnetic passes over the head, and off at the arms. At the third or fourth pass, the patient gave a cry of pain, the head being so tender, that the slightest possible touch, caused torture. I then held my open hands together at the top of the head, about one inch from contact, separating them slowly, and passing them down over the sides, and off at the arms, so as to take away any accumulations with each pass. I also gently stroked the spine downward, allowing my hand to remain on the part where it was attracted. I then made passes from the knees, and off at the toes; after which I placed the backs of my hands together, with the tips of my fingers pointing at the crown of the head, about half an inch from contact with the patient, and I then breathed down the fingers, allowing the breath to inpinge on the head, and shifting the hands about until the whole surface of the head had been affected by the breath. I further pointed my fingers at the ear, and breathed into each in succession, and proceeded with the same process, at the nape of the neck.

Improvement commenced at once, and this was the first actual relief from pain, that the patient had experienced for two years. I attended next day and then, every other day, until one Sunday afternoon, which I well remember. Very soon after I had taken up the case, I was, after my ministration, invited into the drawing-room, where a number of the invalid's friends were assembled; they were so satisfied with the progress he had made, that they came forward to congratulate me, and shook me warmly by the hand. The patient's sons and daughters were much affected; and poured forth their blessings and thanks, adding, now that their dear parent was free from pain, they, as well as their mother, were hopeful of his ultimate recovery, and were rejoiced at what had been accomplished, and at the prospect. I, of course, bore myself modestly; and, giving way to a high and holy influence that came over me, I took the opportunity of expressing myself, in a few appropriate words, on

our indebtedness to the important assistance in these matters of our ministering spirits. Whereupon, a stoical old gentleman, with an indescribable cranium, regarding me like a judge does a convicted criminal, and, pointing downwards with a long bony finger, as if he were a body-snatcher or an ancient witch-finder, shook his head and groaned out, in a sepulchral voice, that the devil sometimes assumed such forms as to deceive the very elect. Having other cases to attend to, or, according to this old Christian's ideas, more devil's work to do, I left this antiquated, orthodox, old fossil to contemplate my reception in that region to which he had already consigned me, so far as his estimation of me was concerned. However, at the end of four months, attending three times a week, the hopeless invalid was restored to vigorous manhood, without a remnant of his former trouble. I recommended a change to Australia. The voyage out was taken, the climate seeming to suit so well, that at this date my quondam patient is still entirely free from his old complaint, and out there, unwilling to return. I have only to add, that such experiences as the above, yield a feeling of true and high pleasure, that eclipses any and all others, and makes the operator indifferent to criticism, sneers, or threats.

But the cultivation of the heart is not all that is requisite for successful practice. It is also necessary, that the hand and the head should be carefully trained to an acquaintance with the nervous system, the circulation of the blood, the muscles, the tissues, the veins, the arteries, the several organs, the brain and spinal marrow, on all of which depends the wonderful structure called man. The more true knowledge of anatomy the masseur possesses, the

more successful will his efforts be. But, I cannot understand why, in this connection, many useless branches of education, demanded by colleges, are insisted upon. A knowledge of Nature, and of Nature's laws, in their simple uncomplicated forms and workings, are worth more to the healer than an acquaintance with all the dead languages, algebra, the higher branches of mathematics, and all such subjects, which have no bearing on his pursuit, and are of no aid to his calling.

Strong evidence exists, that massage was known to, and practised by, the ancient nations, the Persians, the Greeks, the Romans, and others; also, coming to more recent times, by the descendants of Eastern nations; and of the more intelligent of the primitive races, in different parts of the globe. Captain Cook, in one of his visits to the South Sea Islands, found himself one morning unable to move, through a severe attack of rheumatism. When his sickness became known to the natives, they performed what, to the chronicler of the event appeared a curious ceremony. Half-a-dozen native women surrounded the invalid, stripped him naked, laid him on a mat, kneaded, squeezed, stroked, and thumbed every muscle of his body, tapping him occasionally with the tips of the fingers; and, although the operation, from the nature of the case, caused him at first considerable pain, such was the dexterity of the operators, that, in a short time, he experienced great relief, then ease, and eventually perfect freedom from pain, with a speedy restoration to perfect health. The chronicler describes in detail the *modus operandi* as follows:—

The operators commenced by squeezing the muscles between the fingers and the base, or soft part, of the thumb (forming a soft

cushion, as it were), and they then drew the part so acted upon through the hand somewhat, as if imitating the squeezing of water out of a wet towel, with a rolling motion. They then grasped a handful, as it were, of the flesh, and with gentle pressure with the fingers and palms of the hands, rolled and worked the parts about. They also used a kind of percussion with the tips of the fingers and palms of the hand bent, so as to form a hollow cup, with the object of getting, as it were, a cushion of air to intervene between the hands of the operator and the skin of the patient during the act of percussion. They also rubbed the several parts of the body, with a circular motion, and considerable pressure, moving the skin and tissues down to the bone, with the object, as the chronicler suspects, of disintegrating and moving away any morbid matter. All this appeared to be done in an expert and scientific manner; and, considering the tender state of the inflamed parts, and the rapidity of manipulation, it appeared wonderful how little pain and inconvenience the patient suffered. In fact, it had such a fascinating influence over the pain, that the patient fell asleep after a time, under the operation. Indeed, some of the voyagers became so enraptured with this operation, that they shammed sickness in order to enjoy a treatment that was so soothing and so beneficial.

The reader will at once see, that the method of treatment of this primitive people, is none other than the modern discovery and fashionable practice of massage—a practice of undoubted benefit when the object is to remove or liberate any muscular deposit, as also to set in active motion the stagnating blood. It at once improves cutaneous circulation, facilitates muscular growth, imparts vital energy, and its reflex effect on a weakened spinal cord or bulb, is beyond all description, efficacious. The muscles, nerves, and vessels are exercised, and their lost tone restored. But this stamping in, as it were, of the life-force, is only necessary where the patient is insensible to the more spiritual methods, as this life-force can be infused into the system by much easier, simpler, and safer means (such as I have explained elsewhere),

consisting of the exercise of a gentle but consistent will-power, or the power commonly known as magnetic, combined with passes of the hands, but without even touching the body. Rubbing, called medical rubbing, shampooing, and massage, as well as other forms of manipulation, owe their great virtues to the vitality infused by the operator into the patient; and the difference in their effects is mainly due, first, to the patient's requirements and, secondly, to the patient's susceptibility. For example, to employ massage on a susceptible patient would be madness, while it would quite suffice, if the hands were simply laid on him. Cases in which massage would be advantageous, are chronic deposits, obstructed muscular action, gorged blood-vessels, dyspepsia, where exercise is impracticable, and many other forms of disease, in which medicine has little or no effect. But other methods are called for, where the vitiated or spent nerve-force has to be displaced, and a purer, healthier, and more active force has to be infused. If, at the commencement of the treatment, the patient, like Captain Cook, finds it a little painful, trying, or otherwise objectionable, let him persevere, and, in a few days, he will begin to enjoy it, and, ultimately, it will impart a sort of fascinating and charming influence. Indeed, it partakes of the character of a luxury when pains, aches, and chronic nerve-diseases of many years' standing, yield to the potent influence of massage and its kindred methods of operation: frequently, almost miraculous improvement taking place in, those hitherto considered, incurable diseases. As hope takes the place of despair, increasing confidence is created, and then complete recovery is almost certain. But, as before remarked, —and this point cannot be too often reiterated, or too

strongly insisted upon—the aspirant to success in this art must bear in mind, that these happy results can only be achieved by care, kindness, patience, and skill, governed by a well-directed will ; and that the many and necessary qualifications of an efficient and successful manipulator, can only be acquired by perseverance, steady practice, patient study, and ever-ready tact. Still, it cannot be denied, that while it is impossible for some people ever to acquire the necessary qualifications, others seem born with every gift required for the successful practice of this and kindred arts. Sound muscular health and strength, an agreeable, pleasant manner, a sympathetic, loving, self-sacrificing disposition, that shines through the face, as it were, and inspires the patient with confidence, and a child-like reliance on the operator's powers for good,—these are a few of the gifts I refer to. None should understand these requirements so well as spiritualists, whose development should ever be in this direction, as the advantages they possess over the materialist, whether churchman or secularist, are immense ; and this knowledge should make us, spiritualists, humbly sensible of the increased responsibility, bearing constantly in mind, that, however expert we may become as operators, and in whatever way we seek to alleviate suffering, (whether by those innocent natural remedies mentioned in another section of this book, by baths, massage, mesmeric passes, breathing, or any method, or combination of methods under whatever name), success chiefly depends on the conditions present, which highly affect the patients. For this reason, the vital aura that passes from the operator should be clean, healthy, vigorous and highly spiritual ; and, not forgetting minor

matters, the hands should be clean and soft, the nails short and smooth, and the touch delicate and sensitive, but firm and strong. The mind, too, should be schooled to rise above all animal passions under all conditions : in short, the animal must be thoroughly eradicated, and the spiritual substituted.

The operator should, preferably, put the patient in a reclining position, and make him as comfortable as possible, placing pillows and cushions under, and by the side of the body ; in short, every means should be adopted to make the operation as easy and pleasant as possible, for, if the patient is subjected to needless irritation and discomfort, an antagonism is created, which causes the influence or force sent out during the operation, to rebound, as it were, while, if the body and mind are soothed and kept as easy, comfortable, and contented as possible, there is a willingness to submit to the operation, which aids in the process of the vital forces being absorbed into, and distributed through, the whole system. Those vital forces of which we know so little, agents of the great *unknowable Will*, the existence of which is doubted, ignored, and even denied by scientists, and the vast majority of the faculty, or, if acknowledged, are attributed to electricity in some of its forms—these vital forces I firmly believe in ; and, I assert, basing my opinion on long, minute, and close observation, that they have no relationship whatever to electricity or to any other known force ; that they are wholly distinct from these, and from one another, during their separate action : that they are forces, evolved or created, for the sole and immediate purpose for which they are required, and no other ; and, further, that there exist, as many forms and degrees of these forces, as there are needs

or requirements for them; and, like all forms of matter, they graduate from the coarser forms which fit them for gross contact with matter, step by step, until they are merged into the ethereal, every link being perfect in this chain, by which spirit operates on matter and spirit in every and any form required, each form, too, being distinct and separate from another, and from each other. Viewed by the light of this theory, much that has hitherto appeared mysterious, can be better understood, much that has hitherto been neglected, may be used for the benefit of mankind; and, instead of working in the dark, we may, by this light, discover causes that will enable us to produce effects with more certainty.

Scientists tell us, that the densest, hardest, and the most compact objects, as well as those of an opposite character, are combinations of atoms or points of matter, of infinitesimal smallness, no two of which touch each other: that there is a distinct space between every one of these atoms, whether animal, vegetable, or mineral bodies; that these atoms are held in position by the laws of attraction and repulsion, whatever these vague expressions may mean. I fail to comprehend an unoccupied space, under the conditions stated, and cannot but feel, that something more powerful, more solid, more adhesive than those forces or laws, with which we are only slightly acquainted, called attraction and repulsion, is required, and, is really employed, to bind together such a dense unbreakable substance as the diamond, for instance. I would further ask, whence does the one force receive its momentum, and where does the other rest its fulcrum, as it were; and, if these same forces alone, act on similar atoms, how comes it, that such a vast variety of forms, and such different

degrees of density, are produced by one and the same cause? Again, I would inquire why do not these same forces act in a similar manner to some extent at least, when any of the more compact bodies become fractured?—for, though some of the particles may have been lost by the heat, or other cause producing the fracture, yet, there is no reason why the broken surfaces should not be brought sufficiently close together, to allow the force called attraction to hold them as firm and rigid as before. One may fairly expect this force to act in some like, though modified, form under nearly similar conditions. These and other objections, too numerous for the space here, make me doubtful of the conclusions of scientists, and I therefore look in some other direction for a little gleam of light, toward a solution of the problem. As this book, probably, to a very large extent, will circulate among unscientific thinkers, whose minds are not biassed by scholastic theories, or rigidly held down by dogmatic so-called laws, there is a probability that some of them possessing rough but vigorous, searching, and penetrating intellects, may take up this question with characteristic energy, determination, and persistency, and prove to demonstration what has here been foreshadowed, and been put forward as a matter of speculation. With such a view, it is suggested that these atoms—if the atom really exists—instead of being held in suspension, may be bound together or cemented by some spiritual fluid, or substance, quite as real, but denser, and more solid than the atom itself. Or, may not this starting-point of matter be surrounded by an atmosphere of different densities, according to its varying composition?

Like the great world-atom on which we now live,

the laws of attraction may work, by bringing into their proper place and towards some central point, those atoms having an affinity for each other: as being the bricks and stone required for the erection of the structure, according to its form and kind. But the question would here arise, what is the mode of action of the builder, and what is the cement used to hold the many different parts in such close contact as to almost defy disintegration? May not the answer be, that this is effected by the blending of those tiny, invisible spiritual atmospheres, that surround each atom with life, or, one of the many different degrees, and perhaps qualities of life force, which graduate from the coarser forces we call electric, step by step, until they are blended with what to us is, the infinite:—a chain through which is transmitted, the great central force of all, working with every link intact? The nearer these distributed forces approach in kind, to the infinite, the denser, more solid and unchangeable being their nature. Thus, the living principle we call spirit, may be the soul of all things animate and inanimate, with varying degree and kind, according to differing requirements, employed by the great source of wisdom to work out such amazing results. May we not, therefore, be allowed to opine, without outraging common sense, that those atoms which are matter of pure speculation, those starting-points of matter, are the less important parts of the structure, or the coarsest and most depraved form of spirit; and the retina of the eye, being composed of similar matter, is only capable of receiving the impression of its affinitive elements, while the more real, if one may say so, that is the more spiritual, and denser forms of matter are imperceptible? Accordingly, it may happen,

that the coarser atoms could be, and are, withdrawn, without really altering the form of a structure, or, to use the proper term, entity, otherwise than by relieving the spiritual matter of a grave impediment, against the full exercise of its capabilities. May one not further suggest, that this invisible matter we call spirit, although the normal sight is incapable of receiving its impression, can be perceived, unmixed with those grosser particles, with greater certainty, by the disembodied spirit, or the clairvoyant, whose supersensuous vision is unimpeded by the material particles? With what wonder and delight shall we exercise our spiritual faculties, when, unfettered by this clay casket, this combination of atoms, this well-like prison, which impedes those higher powers, is cast off, to enable us, relieved from mortal obstructions and hindrances, to explore these intricate laws of nature with accuracy and certainty. Then, other worlds, and cities, and beings, may be revealed to our astonished, but unimpeded senses; their hidden laws and their mysterious workings, will be no longer a speculation, but a surprisingly simple and harmonious comprehension of the wisdom, power, and love of the great Almighty Father. Until then, we must work with such dim rays of light, as are at our command; and, although few and far between, we may occasionally be favoured with glimpses of some of these so-called mysteries.

The sole object of the writer, in treading these intricate paths, is to do service to humanity; and he is buoyed up with the hope of being able to teach others, as well to apply the healing power or force called animal magnetism, with more accuracy, certainity, and, consequently, better effect. Many theories have been put forth, by different observers of the

action of this force, as a curative agent, all of whom, while minutely recording its effects, seem to be silent as if being afraid to venture on any explanation, or bold guess even, as to its nature and mode of action. In fact, while the effects of this remarkable force are recognised and acknowledged, by the higher type of scientists, the causes on which these effects depend, seem to have been unsought or ignored. The writer, therefore, trusts that the few suggestions put forward, although throwing no very clear light on this difficult enigma, may induce more capable intellects, to roam in these unexplored regions, where they may discover, that some of the suggestions have a little claim on their consideration. And further, it may be found, that if the spirit matter binds and holds intact the grosser matter, the effect produced by the infusion of some degrees of this higher force, from one body to another, particularly from the strong to the weak, may act by disintegrating a portion of the worn-out effete atoms, that have, through some cause, become deteriorated or diseased; or, it may be useful in displacing a quantity of the higher force itself, that may have become so gross as to be no longer able to perform its functions. Possibly, this vital force, emanating from a healthy natural source, may penetrate the morbid deposits of effete matter, which the diseased and spiritually weakened invalid's enfeebled vital forces, are, of themselves, unable to eliminate. In this way, we may understand the action of what, for want of a better phrase, we style animal magnetism upon tumours, and other morbid growths. The writer is inclined to believe, that all such growths occur, either through some obstruction in the circulation of the nerve aura, that emanates from the brain and spinal cord

or in consequence of the dispersion of the vital force, from the affected part, owing to violence, or some similar cause, producing an effect, as it were, of the nature of a fracture of some inorganic body. We may thus get a glimpse of the action of these forces of life when infused into a system which has morbid, unnatural obstructions, that have attained to their deadening proportions, because their spiritual forces have become weakened and inefficient. Which spiritual forces, in their full vigour, would have sufficed to disperse, or to utilize, in some way for good, this energetic matter, depositing each particle in its natural and proper place, fully supplied with its vigorous life-principle.

But this progress can never be made by adhering to pet theories, jumping at conclusions, or dogmatically insisting upon the pursuit of those hidden laws, according to Act of Parliament, the established canons of any sect, school, creed, or by the favour or grace of anything or anybody. We must be prepared to give up our preconceived notions and favourite dogmas, and to manfully and honestly yield to truth. Then we may find, that those forces do exist, and are different forms and degrees of spirit matter, and possibly the soul of all things animate and inanimate, which, though invisible to the normal sight, the retina of our eyes being incapable of receiving their impression, yet do exist in all their varied forms, being more solid, real, and powerful than any combination of atoms; and, indeed, they manifest themselves, mixed with earth atoms, in such diverse forms as the rock, the flower, and that masterpiece of creation, or evolution, MAN, whose dormant spiritual faculties may one day become so developed, as to reveal to him hidden wonders, such as neither

the microscope, nor any other aid to normal sight, human ingenuity may construct, can help to show. He may then perceive and know, that other communities and states of being, are blended with the material world in which we live. That those forms which he now considers to be wholly subject to dismemberment, decay, and annihilation, are, in some of their component parts, interblended and allied with more solid, real, and substantial bodies, made of matter that can never die, dissolve, or be disintegrated, but retains its individuality throughout eternal ages. That those beloved forms he thought gone to decay and obliteration have their living counterparts in more solid and imperishable forms, with brighter and fuller powers, than when encumbered with earth atoms. That the process called death, is only a separation of those atoms from the real man, the evolution of the butterfly from the chrysalis. This real man is only invisible to normal perception, that is, to our senses, as usually educated, in the same way, as the retina of the eye was previously explained to be incapable of receiving the impressions of spiritual forces; but there is no doubt, that the power of seeing this spirit matter, irrespective of the eye, lies dormant in most men and women, and only requires to be cultivated and developed. Paul knew something of all this, when he recommended the seeking of spiritual gifts, the gift of seeing, the gift of prophecy, the gift of healing, &c.; and he no doubt meant, that these gifts or powers, were attainable, as being innate in us, and only needing bringing out. He put his precept into practice, for he sent handkerchiefs and aprons to the sick, and they were healed thereby. The writer would like to know, from the materialistic

Christian, whether the healing was caused by the handkerchiefs and aprons themselves, or whether it was effected by some force or power, imparted or infused into them, by the sender; and, if the latter, it may reasonably be asked, of what did this force or influence consist? Whether its nature was electric or magnetic; or whether it was a divinely given power inherent in Paul himself, and developed by the method of seeking, which he recommended? Also, one might reasonably think, he had proved them to be, both attainable and successfully applicable. The writer knows—yes, knows, as positively as he can know anything—that this power exists in, and is as potent, and as applicable to-day, by living men and women, as in the days, and by the individuality of Paul himself. This fact, or result, the writer demonstrates every day; and he is willing to submit it and himself, to any sensible and reasonable scientific test, or method of research, providing the object be, the honest and unprejudiced seeking after truth, in this important matter; but not to the supercilious pooh-poohing of curious dogmatists, whose sole desire is simply to throw doubt on, or only attempt to disprove, what has not originated from them, or what, for the time, they do not understand. Sham inquiries of the latter character, are both reprehensible and degrading, and should never be submitted to, in spiritual matters, any more than in secular matters. No man of right feeling and common sense, would seek secular truth and knowledge, by shallow attempts to throw ridicule on, or simply to deny, statements and assertions, advanced and based on experience and certain knowledge; he would rather, without bias or prejudice, carefully examine the proofs, investigate the phenomena, weigh the facts,

and then come to an honest and deliberate judgment. If a sceptical member of the faculty is willing, on these lines, to seek the truth and act justly by himself, he can readily try his own powers in secret, without compromising himself with his colleagues, by attempting the following experiment, which, if he is honest to himself, and is willing to note the effects, minutely and fairly, will convince him that the medicine that he administers, even the most simple remedy, will have a much greater effect than before, its efficacy being nearly doubled. Let him pour the medicine into a tumbler resting on the palm of his left hand; next, with his right hand, let him make a few gentle passes from the rim down the sides, turning the glass round, until every portion has been subjected to the process; then, let him point, with the tips of the fingers down, into the tumbler, gently desiring, that the contents of the glass may become impregnated with the emanations from his fingers, continuing the whole process from five to ten minutes. The liquid will have been magnetized, and its efficacy increased to an extent, little short of marvellous; and it may then be poured, for keeping, into a bottle, the colour of which should depend on the qualities or character of the remedy, a blue bottle being preferred, if the medicine be an anodyne, nervine, febrifuge, balsamic, diaphoretic, refrigerant, vulnerary, cephalic or antiseptic, and a yellow bottle being preferred, if the medicine be discutient, diuretic, laxative, alterative, demulcent, deobstruent, or emmenagogue. If these coloured bottles are not at hand, a common dispensing bottle will answer, care being taken to keep the contents shielded from the light, as they then retain the magnetic influence much longer. Observing these directions, even plain dis-

tilled water, with a little glycerine or gum arabic, will sometimes work wonders in allaying pain, when powerful drugs fail. Such effects, cannot be set down to the imagination of the patient, if he is not allowed to know anything of the matter.

These, and numerous other experiments, go a long way to prove the projection of a force from one body to another, with or without contact, or even the use of any medium, such as water, &c. The writer therefore asserts, with confidence, that the massage treatment, can be made more and more efficacious, in proportion to the degree of the invisible vital force infused into the patient. He is also quite positive, that in many cases in which the massage treatment would be dangerous, as, where there is heart-trouble, some of the lighter and more spiritual means of infusing life-force, could be employed with advantage. On the other hand, he admits, as before explained, that in cases in which the patient, owing to a grosser or more positive nature, (proceeding, it may be, from cultivation or heredity,) or other cause, is almost insensible to the higher or lighter methods of the infusion of life-force, some of the grosser, or more violent methods of imparting this restorative force may be very effectual, and should be resorted to. In fact, ready perception and considerable judgment, are needed for the treatment of all these cases, and the advice of an intelligent unbiased physician would be useful, and should never be disregarded, in cases, where violent measures are necessary. But the true masseur, medical rubber, mesmeric healer, or by whatever name called, should seek to receive his impressions from a higher source than man, or his own experience. In this connection, it is much to be regretted that some practitioners of this simple,

natural, and innocent means of doing good to our fellow-creatures, should play into the hands of the worst enemies of this mode of treatment and healing, by claiming for themselves, powers to heal, that they cannot sustain, when tested, thereby disgusting those, who are induced, by their exaggerated pretensions, to pay large fees for curative treatment, only to be disappointed as regards themselves, and to have their hopes of recovery blasted. These have their confidence destroyed in a science, which, if intelligently apprehended, honestly sustained, and properly administered, would prove of inestimable benefit to thousands of sufferers. These are the pretending professors, who, by their avarice, ignorance, and the maladministration of this high power, drive their victims to form the conclusion that no such beneficial power exists, and that all claims for its healing action, are simply an imposture. So that many true, honest pioneers, who have been working, at a sacrifice, for years, to ensure the recognition of the claims of this power and art, and to establish its right to the highest respect. Who have, in a great measure, seen their way to this result, by their patient, persevering efforts and their successful labours, among a large and intelligent public; obtaining increasing confidence, and gaining a larger and larger measure, of appreciation and respect, now begin to feel apprehensive that their self-denial, their exertions, and their hardly earned position, are in danger of coming to nothing or being quite lost. These blatant and so-called healers, presuming on family connections, claim to take higher ground and to do greater things than other, quiet practitioners; but, they have miserably failed to do even as much, as the humblest and least pretentious of our spiritual

workers, whose services are within the reach of the poor, as well as the rich, as, while they are satisfied with reasonable remuneration from those who can afford a fee, they are equally ready to give their time, talents, and powers, for the sake of doing good, without a thought for the morrow. Spiritual gifts are not to be purchased with money, or inherited from ancestors, however exalted. What is required, in this modern practical age, is proof of real, positive capacity and manifest power; and not the claims of ancestry, grand talk, or puffing testimonials. The writer once heard a very large employer of labour give it as his experience, that all applicants for work, who were persistent in producing numerous testimonials, invariably turned out to be incapables, who appeared to have exhausted all their capacity, during the period to which the testimonials referred, and to have no further power of work left in them. This high science and art, which the writer has tried to explain, needs no testimonials, and no pretentious puffing; it requires, however, for its successful promulgation and practice, healthy, honest, intelligent, self-denying, and conscientious workers, more willing to sow for the great harvest, in its own proper time, with present scant return to them, than to reap where they have never sown, and to exhibit a selfish greed, or an avarice, which is sure to overreach itself. The great saying is here clearly applicable—"By their fruits ye shall know them."

The writer feels constrained to conclude with the warning, suggested from a large experience, that one should ever prefer the advice and the help, of free, unprejudiced, unfettered thinkers, who are keen observers of nature, and willing to profit, both by experience and by inspiration, rather than the

opinions, and the care, of those whose minds are held down and fettered by the customs, traditions and mistakes of a sectarian training, with the abuses and close interests of a narrow school.

MATERIA MEDICA:

AN

ABBREVIATED DESCRIPTION

OF THE

Medicinal Properties of the Herbs

MENTIONED IN THIS BOOK,

NEARLY ALL OF WHICH MAY BE FOUND GROWING IN

GREAT BRITAIN AND IRELAND.

I CANNOT conceive why the herbs of these islands should not be considered equal to those of foreign countries: properly prepared, they ought to be superior, as they undoubtedly possess medicinal properties which are invaluable in the treatment of our numerous ailments.

They abound in our beautiful hedgerows, and, from my happy childhood, have been old familiar friends, the gathering of whose lovely flowers is interwoven with my happiest remembrances, and recalls many pleasurable associations. There is no pursuit so productive of intellectual development, and at the same time exalting our whole nature to devotional and reverential admiration of a bountiful Creator.

MATERIA MEDICA.

AGRIMONY (*Agrimona eupatoria*).

ALTERATIVE, ASTRINGENT, DIURETIC, EXPECTORANT, TONIC.

Good in agues, coughs, liver complaints, internal hæmorrhage, internal or external ulcers.

A good syrup may be made for looseness of the bowels in children, by stewing one part agrimony and one part raspberry-leaves, sweetened with honey.

ALDER (see *Tag Alder*).

ALL-HEAL (*Stachys sylvatica*).

ANTISPASMODIC, HEPATIC, NERVINE, VERMIFUGE, VULNERARY.

Excellent for cuts, wounds, gout, worms, cramp, convulsions, fits, vertigo, lethargy, wind, colic, kidney and liver troubles.

ANGELICA (*Angelica atropurpurea*).

AROMATIC, DIAPHORETIC, STIMULANT, TONIC.

A pleasant, safe, and useful herb. It strengthens the heart, produces gentle perspiration, removes obstructions in the stomach, liver, spleen, and kidneys. Is grateful and strengthening to the stomach; expels wind. There is scarcely a disease for which it is not beneficial. It is an excellent ingredient in salves or lotions for ulcers, gatherings, &c., where sluggish and needing stimulation.

ARCHANGEL, or Dead Nettle (*Lamium album*).

ANTISEPTIC, ASTRINGENT, TONIC.

An excellent women's herb, useful in leucorrhœa, &c. Heart tonic; stops bleeding.

When bruised and moistened with salt, vinegar, and lard, it is useful for external application to hard tumours or swellings, scrofulous ulcers, pains in the joints, bruises, contracted sinews, gout, sciatica, and splenic troubles.

ASSAFŒTIDA (*Ferula assafœtida*).

ANTISPASMODIC, EXPECTORANT, NERVINE.

A valuable remedy in hypochondria, convulsions, hysteria, nervous debility, and flatulence, especially of the lower bowels. It is invaluable, and will sometimes relieve sciatic pains, when other means fail.

ASH-TREE LEAVES (*Fraxinus excelsior*).

ANTIFAT, ASTRINGENT, DIURETIC.

Good in dropsy, obesity, &c.; dissolves fatty tumours or other morbid growths; the ashes of the burnt bark are good for scabbed heads.

It is an excellent solvent, and will be found very serviceable in all those states of the blood that produce warts or other excrescences. It may be mixed with almost any other herb, and is perfectly safe to give to the most delicate.

AVENS (*Geum urbanum*).

ASTRINGENT, CARMINATIVE, STOMACHIC, TONIC.

The beautiful, fragrant, but neglected plant has many virtues, and will no doubt regain its former popularity when the eclectic system of medicine becomes better known.

It is equal to Peruvian Bark, and much pleasanter. In all disorders arising from a weak or relaxed state

of the bowels it is invaluable, and, being agreeable to the stomach, it will be retained by that organ when other remedies are rejected. It acts on the liver and spleen, and is excellent and safe for outward application to bruises and wounds, being healing and strengthening.

It also ranks high as a heart tonic.

BALM (*Melissa officinalis*).

ANTISPASMODIC, DIAPHORETIC, DIURETIC, FEBRIFUGE, NERVINE.

This is one of the most useful, safest, and pleasantest herbs that grow, and, if properly applied, should take the place of Aconite, with the advantage of being free from any debilitating or poisonous effects.

May be given in any quantity, even to a child, without danger.

An infusion is an excellent drink in fevers. It controls the circulation, strengthening the heart without any reaction; it gently but quickly restores the action of the skin when suppressed, as in colds or fevers, chills, burning heat; it allays headaches, and can scarcely be misapplied in brain or any other fever, fainting, swooning, or melancholy.

As a stomachic or antiscorbutic, it acts on the liver and spleen, and is a pleasant drink for the sick-room.

It has no equal in chronic rheumatism, when the heart is involved, as it safely strengthens that organ, restores the skin, strengthens the brain, nerves, and kidneys; but it must be taken freely and for some time.

BALMONY (*Chelone glabra*).

CATHARTIC, LAXATIVE, TONIC, VERMIFUGE.

Useful in constipation, dyspepsia, jaundice, worms,

diabetes, chorea, and for malassimilation. Acts on the membranes of the stomach and bowels, and is very valuable in the convalescent stages of debilitating diseases.

BARBERRY (*Berberis vulgaris*).

ANTIBILIOUS, ANTISCORBUTIC, REFRIGERANT, TONIC.

An excellent corrector of the bile, removes costiveness in jaundice; it is very serviceable in all other stomach complaints.

In putridity or canker, it will be found invaluable.

The ripe berries, sweetened with honey or glycerine, make a pleasant acid drink for the sick-room in all bilious fevers or putridity.

It is an established idea, in some parts of England, that the berry of this bush, dried, ground, and taken in some coffee, is a quick and sure cure for dropsy. Its peculiar pleasant flavour is much esteemed as a preserve.

BAYBERRY BARK (*Myrica cerifera*).

ASTRINGENT, DEOBSTRUENT, STIMULANT, VULNERARY.

This is a precious plant, and almost an antidote for canker or other eating sores. Its virtues are innumerable, both for external and internal use. It opens obstructions in the liver, spleen, gall, &c.; it expels wind or other derangements of the stomach; creates an appetite; it is very serviceable in rheumatic pains in the head, cough, consumption, diseases of the bladder.

It might be called the English eucalyptus, as it possesses many of the virtues of that plant, both for purifying the atmosphere where it grows, and for destroying all kinds of pestilential humours in the blood, particularly canker.

Externally applied, it eases the pain of gout, rheumatism, cramp, gatherings, boils, or any other pain or eruption of the skin.

An excellent oil can be got from the berries, which will destroy tumours or swellings; remove bruises, coagulated blood, marks in the skin or flesh, wheals, scabs, &c.

BEET ROOT (*Beta vulgaris*).

DIURETIC, EMMENAGOGUE, RESOLVENT.

The white beet root is a gentle laxative, while the red is somewhat astringent; but both are diuretic; they are cooling, healing, and balsamic, very useful for outward application to the skin in eczema or other eruptions, either as a poultice, or to wash the parts affected by eruptions. The liquor in which a root or two has been boiled is soothing, softening, and healing to the skin, and improves the complexion.

BETH ROOT (*Trillium erectum*).

ANTISEPTIC, ASTRINGENT, DIAPHORETIC, EXPECTORANT, TONIC, &C.

Is useful in hemorrhages, either internal or external, also in spermatorrhœa, etc. It is astringent to the mucous membrane.

BLACK HELLEBORE ROOT (*Hyoscyamus niger*).

NARCOTIC—*very poisonous.*

Except for external use, as prescribed, very dangerous.

BLESSED THISTLE (*Cardus benedictus*).

ANTISCORBUTIC, HEPATIC, STOMACHIC, &C.

An excellent purifier of the blood, and useful in all eruptions of the skin, as it destroys most kinds of poisonous microbes in the blood.

It is one of the few herbs that dissolve the gall. It is good for vertigo or giddiness of the head; clears and softens the skin, improves the complexion, if taken regularly and continued for a time.

BLOOD ROOT (*Sanguinaria canadensis*).

ANTISEPTIC, EMETIC, EXPECTORANT, FEBRIFUGE, SEDATIVE, STIMULANT, TONIC.

Is very efficacious, used as a spray in catarrhal colds in the head; also sprayed up the nostrils and throat in fevers, croup, whooping cough, influenza, constipation, scrofula, jaundice, dropsy, asthma, dyspepsia, rheumatism, gravel, &c.

It is an excellent application for destroying skin parasites, but should then be applied almost full strength, and for that purpose may be mixed with southernwood or wormwood.

DOSE.—Of the strong tincture, 5 to 15 drops. For a spray, 20 drops in about a wineglassful of cold water; put it into a spray-producer, and well spray the nostrils, mouth, and throat every hour.

BLUE FLAG ROOT (*Iris versicolor*).

ALTERATIVE, ANTI-SYPHILITIC, CATHARTIC, DIURETIC, RESOLVENT, SIALOGOGUE, VERMIFUGE.

Highly esteemed as one of the most valuable alteratives. Stimulates the lymphatics, absorbents, skin, kidneys, and is a powerful herpetic. It is considered one of the most useful medicines in scrofula, syphilis, glandular swellings, eruptions of the skin, and affections of the liver and spleen.

Dr. William Rutherford, professor of medicine at the Edinburgh University, has pronounced a high eulogium on this and some other herbs, in the *British Medical Journal*, of February 8th, 1879; but he only confirms what was written, more than 200 years ago, by Nicholas Culpepper—a man whose acquirements in the true science of medicine eclipse the whole galaxy of this or any other age; whose lustre can never become dim. His name will live in the affections of coming generations, when the cranks of French and English savants, and the deadly work of Jenner, will very clearly demonstrate, on comparison, the difference between scientific folly and natural common-sense treatment.

BOGBEAN (*Menyanthus trifoliata*).

ANTISCORBUTIC, CHOLAGOGUE, STOMACHIC.

Very bitter, creates appetite, excites bile, excellent in gout and scorbutic diseases.

BONESET (*Eupatorium perfoliatum*).

CATHARTIC, DIAPHORETIC, EXPECTORANT, EMETIC, LAXATIVE, VERMIFUGE.

This herb is invaluable in all kinds of fevers, useful in cases of asthma, coughs, colds, dyspepsia, and debility.

It increases the secretions of bile, extends its influence over the erectile tissues, and is a tonic to the digestive organs.

DOSE.—5 to 15 drops of the strong tincture.

BORAGE (*Borago officinalis*).

CORDIAL, DIURETIC, SOLVENT, STIMULANT.

Is useful as a stomachic, expectorant and demulcent. Soothing and cooling in fevers, also good in anæmia.

BRAMBLE OR BLACKBERRY LEAVES (*Rubus fruticosus*).

ASTRINGENT, BALSAMIC, REFRIGERANT.

Very useful in infantile diarrhœa, as it is both gentle and effective.

In very bad, inveterate sore legs, it is invaluable, as it heals so gently, slowly, and easily, giving time for restoration of those parts destroyed, which gradually fill in and become strong and healthy.

BRIONY (*Bryonia alba*).

CATHARTIC, DISCUTIENT.

Employed in dropsy, rheumatism, &c.

BROOKLIME (*Veronica Becabunga*).

DIURETIC, LAXATIVE, REFRIGERANT, TONIC.

Like watercress, it makes a wholesome salad, and is very serviceable in obstructions of the liver or in diseases of the bladder, being cooling and similar to parsley.

BROOM (*Spartium scoparius*).

DIAPHORETIC, DIURETIC, STOMACHIC, TONIC, &c.

Pleasant and useful in diet drinks, works well by urine, and dissolves stone, opens obstructions in the liver, spleen, head, kidney, &c. A safe, pleasant, valuable herb, and cannot be misapplied. For external use it is healing, cooling, and of good service when applied as a poultice for broken bones, sprains, pains in the joints, &c.

BUCHU (*Barosma crenata*).

AROMATIC, DIURETIC.

Gentle, safe and effectual in removing obstructions of the bladder, and increasing the secretion of urine. In strangury, heat, or any urinary difficulty, Buchu gives great and speedy relief, and for old persons troubled in this way, is invaluable. It is also good in enlarged prostate, catarrh of the bladder, rheumatism, gout, dropsy, cutaneous diseases, gonorrhœa, gleet, leucorrhœa, &c.

DOSE.—A wineglassful of the simple infusion, three times a day.

Of the strong tincture, 10 to 20 drops.

BUCHU LEAVES (*Barosma crenata*).

ALTERATIVE, ANTISPASMODIC, DIAPHORETIC, DIURETIC STIMULANT, TONIC.

This herb has no superior in gravel, diseases of the prostate gland, irritation of the bladder, rheumatism, gout, dropsy, skin diseases, gleet, leucorrhœa, &c. It acts speedily and gives great relief in suppression of urine, &c.

DOSE.—Of simple infusion, half a wineglassful every two or three hours until relief is obtained.

BUGLE (*Lycopus virginicus*).

ANTISEPTIC, CEPHALIC, NERVINE, VULNERARY, &c.

An excellent remedy for nightmare, or other mental troubles, where the stomach is involved.

It is wonderfully healing, internally or externally; particularly for ulcers in the stomach, mouth, throat, &c. It strengthens the nerves, produces quiet restful sleep with increased vitality. This herb should become a great favourite. It is also a good ingredient in salves, plaisters, and lotions.

BURDOCK (*Lappa minor*).

ANTISCORBUTIC, DIURETIC, HERPETIC, NERVINE, TONIC.

Good in all kidney trouble, or as an antidote for mercurial poisoning, scurvy and all skin diseases, inflammation, and convulsions. An ointment made with the leaves and root of the plant, and goose grease or lard, will heal festering sores, chilblains, piles, &c. An excellent pessary for internal ulceration can be made by adding a little cocoa butter.

BURNET { (Lesser :—*Poterium sanguisorba*). (Greater :—*Sanguisorba officinalis*).

The lesser is better than the greater.

BALSAMIC, DIURETIC, FEBRIFUGE, SUDORIFIC, &c.

This wonderful little plant possesses properties that seem to have been overlooked by all writers, inasmuch as some ignore it altogether, and others dismiss it with a casual or commonplace description.

In the whole of my experience I have failed to find a more serviceable plant. While the faculty have been applying sodas and other destructive palliatives, for the relief of acidity of the stomach, with the most disastrous effects on the nervous system, and other evils too numerous to record here, Nature has provided this perfectly safe, innocent specific for this mischievous condition.

BUTTERNUT (*Juglans cineria*).

ALTERATIVE, CATHARTIC, CHOLAGOGUE, DEOBSTRUENT, DIURETIC, LAXATIVE, TONIC.

An excellent laxative, where a gentle action is desirable in habitual costiveness, accompanied with gastric irritation, jaundice, dysentery, piles, and all venereal derangements, or any affection of the urinary organs. It has no violent action, but leaves the bowels in a soluble condition, without causing irritation or after-constipation.

DOSE.—From 10 to 30 drops of the strong tincture, or a wineglassful of the simple infusion. Or the extract may be made into 3-grain pills, when one or two would be sufficient. A little cayenne pepper would add to their efficacy in most cases.

BUTTER BURR ROOT.

DEOBSTRUENT, DIURETIC, EMMENAGOGUE, FEBRIFUGE, VERMIFUGE.

Useful in fevers, influenza, pleurisy, also obstructions of urine, and to correct and promote menstruation in females. It is also valuable for worm-troubles.

CALAMINT (see *Mountain Mint*).

CAMOMILE FLOWERS (*Anthemis nobilis*).

EMETIC, FEBRIFUGE, STOMACHIC, TONIC.

Useful in colics, debility, dyspepsia, colds, suppression of urine; and, in large doses, it acts as an emetic.

As a poultice, it removes swellings, pains in the joints, shrinking of the sinews. Makes a good enema, when boiled and strained, for removing pains and wind; removes female obstructions and promotes menstruation.

CARAWAY SEEDS (*Carum carui*).

AROMATIC, CARMINATIVE, STOMACHIC.

Gives tone to the stomach, expels wind, and may be mixed with most medicines, to improve the flavour. It is an excellent stimulant for elderly people.

CASCARA SAGRADA (*Rhamnus purshiana*).

APERIENT, TONIC.

A most valuable remedy for constipation; its action is very gentle but most reliable when an easy, safe action of the bowels is desired. It should entirely supersede the use of castor oil, rhubarb, and similar drugs, as it never purges, gripes, or constipates afterwards. It is safe for children, aged persons, or in diseases of the bowels, in teaspoonful doses, in a little sryup of caraway seed, sassafras, or any gentle stimulant.

CATMINT, CATNEP, OR NEP (*Napeta cataria*).

ANTISPASMODIC, CARMINATIVE, NERVINE, STIMULANT, SUDORIFIC, TONIC.

Excellent in removing all female obstructions, good in hysteria, giddiness and headache, inflammation, fits, difficulty of breathing, convulsive hiccough, cramp, wind, colic, and all children's diseases.

Every American mother uses it freely.

CAYENNE PEPPER (*Capsicum*).

A powerful stimulant of great pungency, and, when administered with discretion, is, no doubt, one of the best medicines nature has provided; but, I fear, its indiscriminate use has disgusted many with the practice of medical botany. Of course some regard should be paid to the palate of the patient, and all medicines

should be as agreeable as possible; this object cannot be obtained by administering large doses of cayenne pepper, as its pungency is very disagreeable to most people.

It possesses wonderful virtues, preventing flatulence by exciting the salivary glands; stimulates the whole system, and acts on the skin when applied internally or externally.

A compress of cayenne pepper applied, between fine muslin, to the throat will often save life by giving increased vitality to the part affected; and is also useful, applied to the pit of the stomach in dyspepsia, &c. It is valuable in rheumatism, and is safe as an outward application, as it never injures the skin or draws the humours of the body to the part affected, which is more than can be said of blisters, plaisters, &c. Cayenne acts by increasing the vital forces, and assisting nature to work in her own way.

CELANDINE (*Chelidonium major*).

ACRID, ALTERATIVE, CATHARTIC.

As an external application it has great virtues for sluggish wounds, tumours, &c., and made into an ointment it is useful for piles, &c.

CENTURY (*Chironica centaurium*).

ANTIBILIOUS, ANTISCORBUTIC, TONIC.

Good in scurvy; removes obstructions of the liver and spleen; useful in dyspepsia, dropsy and sickness. It is also valuable as an ingredient in salves, and plaisters for internal or external ulcers, scabbed heads, &c.

CHERRY BARK, Wild (*Prunus virginiana*).

ANTISCORBUTIC, EXPECTORANT, FEBRIFUGE, TONIC.

Excellent lung tonic, and purifier of the blood.

Combined with other herbs is good in kidney, bladder, and lung troubles. Supposed to be invaluable in consumption, &c.

CHICKWEED (*Stellaria media*).

ANTISCORBUTIC, ANTISEPTIC, RESOLVENT.

Makes an excellent poultice when green and bruised in a mortar, then boiled in a little water, and applied hot to inflammations, enlarged joints, all running sores, or any trouble that requires a gentle cooling, cleansing, healing application.

It also makes an excellent oil for the spine, and other parts for rickety children. Weakly children would derive great benefit from being bathed in water in which chickweed has been boiled.

CINNAMON (*Cinnamomum zeylanicum*).

ANTISEPTIC, AROMATIC, ASTRINGENT, STOMACHIC, TONIC.

A stimulant possessing many virtues. It is useful in most stomach compounds where relaxed states of the bowels exist. It allays sickness and vomiting; and its antiseptic properties are well known.

It may be freely used, in a powdered state, sprinkled on any poultice before applying to a putrid sore, as it destroys bacteria, either internal or external.

CLARY (*Saliva verbeneca*).

DEOBSTRUENT, DIURETIC, TONIC, &C.

Good uterine tonic; useful in gleets, seminal weakness and any of the accompanying symptoms.

Dissolves tumours and swellings, and makes a good and strengthening wash for weak or inflamed eyes. Used as a snuff it clears the head.

CLIVERS OR CLEAVERS (*Galium aperine*).

ANTISCORBUTIC, DIURETIC, SUDORIFIC.

This herb is one of the safest and best for skin

diseases, cancers, or other blood impurities. It helps digestion and is a safe antifat; mild and gentle in its action. Improves the complexion, opens obstructions of the liver, spleen, and kidneys, is good in inflammation or irritation of the bladder.

CLOVER (*Trifolium pratense*).

ANTISCORBUTIC, NERVINE, &C.

An excellent purifier of the blood.

A tea made from the flower is excellent for weakly children. It is also good in whooping cough when sweetened with honey or treacle. A general strengthener and blood scourge.

CLOVES (*Caryophyllus aromaticus*).

AROMATIC, STIMULANT, STOMACHIC.

Very useful in female complaints as a stimulating corrector of the stomach and strengthener of the uterine organs.

CLOWN'S WOUNDWORT.

ANTISCORBUTIC, ASTRINGENT, VULNERARY.

A gallant remedy for cuts, wounds, ruptures, varicose veins, spitting, vomiting, or discharge of blood. In plaisters, it dissolves knots or kernels in the flesh, stiff muscles, &c. Acts similarly to Arnica, without the dangers attending the use of that plant.

COCA, SOUTH AMERICAN (*Erythroxylon Coca*).

A new and dangerous fad, recently become popular with the faculty, who use it as a palliative in acute diseases, and no doubt with the desired effect in many cases; but it acts by paralysing the nerves, which is opposed to natural action, and should condemn its use at once.

The natives of South America chew the leaves when unable to satisfy the cravings of hunger, with the result that the nerves of the stomach are numbed, in the same manner that some of the poor unfortunates of this country deaden the pangs of an empty stomach with a pipe of tobacco. Such a course must, ultimately, prove disastrous to health.

Coca should only be used in homœopathic doses, and under the direction of a practitioner.

Paralysis, cancer, and several other horrible diseases are acknowledged to be largely on the increase, and are, without doubt, to be attributed to the reckless method of treatment with palliatives, paralyzing the nerves, and working against nature with those deadly weapons, bromides, opiates, anæsthetics and above all vaccination.

COLTSFOOT (*Tussilago Farfara*).

DIURETIC, EXPECTORANT, &c.

Useful in coughs, colds, difficulty of breathing, &c. As an outward application it is cooling and healing.

COMFREY (*Symphytum officinale*).

BALSAMIC, DEMULCENT, PECTORAL.

For all lung troubles, coughs, colds, consumption, bloody flux, wounds, bruises, relaxation of uterine organs, ulcers, gangrenes.

It is very healing, cleansing, and strengthening applied internally or externally.

COUCH-GRASS (see *Dog-grass*).

CRANBERRY (*Virburnum opulus*).

ALTERATIVE, ANTI-SPASMODIC, TONIC.

These berries are useful as a poultice in cramps, spasms, convulsions, and which, applied to the chest and spine, relieve paroxysms of asthma, &c.

CRANESBILL (*Geranium maculatum*).

ASTRINGENT, STYPTIC.

Promotes the secretive powers of the mucous surfaces, invigorates them and leaves them moist; it braces the capillary vessels of the mucous membrane, and is very serviceable in all catarrhal affections. It is also useful in aphthous sore mouth, leucorrhœa, gleets, dysentery, diarrhœa, &c. A valuable ingredient in cholera-mixtures.

CUBEBS (*Piper cubeba*).

AROMATIC, CARMINATIVE, DIURETIC, TONIC.

Excellent, in combinations, for all kinds of gleets, seminal weakness, gonorrhœa, &c.

CUCUMBER (*Cucumis sativus*).

ANTISCORBUTIC, DIURETIC, HERPETIC, REFRIGERANT.

The juice is cooling and strengthening to the skin.

The face washed in it, with a little glycerine, improves the complexion, removing redness and spots.

CUSSO (*Brayera anthelmintica*).

The best vermifuge known.

The safest and most effectual remedy for the expulsion of the tape-worm; in five cases out of six, it will cure in two or three days.

Medicines to affect worms should be administered at about full moon. In taking Cusso, it is desirable to give an aperient, such as Cascara Sagrada, the morning before and afterward. Dose: Cusso ½ ounce, an essence to slightly flavour, and one dessert-spoonful of honey; stir into half a pint of boiling water, and drink occasionally until it is all taken sometime within the hour previous to breaking fast.

DAMIANA (*Turnra aphrodisiaca*).

Combined with other medicines, as described, this is of great service in locomoto-ataxia and all uterine weaknesses; for spermatorrhœa, or any loss of sexual power, this remedy will be found invaluable.

DOSE.—From 20 to 40 drops of the strong tincture.

DANDELION—(*Leontodon taraxacum*).

ASTRINGENT, DEOBSTRUENT, DIURETIC, TONIC.

An old and safe remedy for diseases of the liver, constipation, gravel, &c.

A very excellent ingredient in most digestive drinks.

DEAD NETTLE (see *Archangel*).

DEVIL'S BIT (*Helonias*).

ALTERATIVE, DIURETIC, EMMENAGOGUE, TONIC, VERMIFUGE.

One of the very best uterine tonics, and will be found of great service in all cases of debility, either of the uterus or stomach, as its presence is agreeable to that organ.

It is useful in chronic sickness; is healing, soothing, and agreeable, cleansing the blood, dispersing wind, and removing obstructions. It will remain on the stomach when almost every other medicine is rejected.

DOCK, YELLOW (*Rumex crispus*).

ANTISCORBUTIC, DIURETIC, HERPETIC, TONIC.

Strengthens the liver and cleanses the blood; excellent in all eruptions of the skin; it is invaluable for eczema, scurvy, &c.

DOG-GRASS OR COUCH-GRASS (*Triticum repens*).

ALTERATIVE, DIURETIC, STOMACHIC.

Acts on the morbid secretions, helps digestion,

removes sickness, opens obstruction of the liver and gall.

DOG WOOD (*Cornus florida*).

ANTIPERIODIC, ASTRINGENT, STIMULANT, TONIC.

Good in intermittent and all fevers, indigestion, debility, or any diseases that need a strengthening stimulant. It is excellent in leucorrhœa, chronic diarrhœa, dysentery, and other weak states of the bowels.

It is a good substitute for quinine without any of the after-effects of that drug. Its properties are very similar to the barks; and, like Burnet, it is equally good in indigestion and heartburn, giving quick relief.

DOSE.—10 to 20 drops of the strong tincture.

ELDER (*Sambucus nigra*).

DIAPHORETIC, DIURETIC.

There are several varieties of elder, the dwarf being the most powerful; but a combination of leaves and flowers of all the species would be found useful as a blood-scourge, and to dissolve uric acid; for this reason it is excellent in gout, rheumatism, diseases of the bladder and of the skin.

ELECAMPANE (*Inula helenium*).

ANTISEPTIC, EXPECTORANT, STOMACHIC.

Highly esteemed in coughs, colds, throat and pulmonary diseases.

The action of this remedy has been recently proved to cover a wide range, and can be safely applied in all scrofulous, consumptive, or wasting diseases. It acts with great but gentle power on all the mucous surfaces, destroys bacteria, and is therefore a good blood scavenger, and cannot be over estimated

in all diseases where the blood needs purifying and enervating.

Dose.—Of the simple infusion, one wineglassful.

An excellent cough mixture may be made with Elecampane, liquorice, thyme, gum arabic, and honey.

ELM BARK, SLIPPERY (*Ulmus fulva*).

DIURETIC, EMOLLIENT, SLIPPERY DEMULCENT.

Good as either food or medicine; contains much gelatine; very useful when made into gruel for an enema, and can be mixed with other powdered herbs for that purpose. It is unsurpassed for poultices or diet in juices, &c.

EUCALYPTUS (*Eucalyptus obliqua*).

Australian Red Gum.

ASTRINGENT, VERMIFUGE, &C.

One of the very best astringents, and enters largely into our cholera mixtures.

It seems to adhere to the bowels, covering them with a sheath that prevents irritation and inflammation; and, combined with wormwood, cinnamon, or other vermifuges, destroys the cholera germs by covering those parts of the stomach and bowels with a thin gummy, adhesive, false membrane, in which the wormwood or cinnamon plays an important part, by not only destroying the colonies of these destructive bacteria, but prevents these poisonous plagues from locating in fresh places—nor is the sheath of the stomach or bowels at all injured by its astringency, as it heals, soothes, and comforts, and, if not renewed, will gradually dissolve in a few days, carrying off, in a limpid mass, the dead poisonous microbes, without causing constipation.

FEVERFEW (*Pyrethrum parthenium*).

EMMENAGOGUE, NERVINE, STIMULANT, STOMACHIC.

Promotes menstruation; is useful in all female obstructions; hysteria, colds and pains in the head; also very useful in affording relief to the pains after child-birth.

FLAX SEED (*Linum usitatissimum*).

The mucilaginous properties of these seeds render them very useful in poultices. Combined with liquorice and lemon, they are valuable for coughs, but are specially so in cases of chronic constipation.

A tablespoonful of the *uncrushed* seeds put into a wine-glass, covered with cold water, and allowed to stand one hour, will often, if taken morning and evening, swallowing the whole seeds, restore a healthy action of the bowels in the most desperate cases. The seeds must not be crushed, but allowed to pass into the bowels whole. There are few remedies that will more safely or effectually remove an obstruction in either man or animals.

FLUELLIN (*Anterhinum elatine*).

ASTRINGENT, REFRIGERANT, STYPTIC.

Valuable for its cooling properties, and very useful in all cases of hemorrhage, but especially for dysentery.

FOXGLOVE (*Digitalis purpurea*).

A dangerous poison, and better left to grace our hedge-rows and woods with its beautiful flowers, as there are many better and safer herbs for all requirements.

FUCUS VESICULOSUS.

DIURETIC, SOLVENT.

Buchanan says of this plant, that it is the best anti-fat known, and will rid the body of excessive

adipose tissue, in a few weeks. Being non-poisonous, and unlike the minerals that are often used for this purpose, to the detriment of the patient's constitution, it is well worth a trial.

GARLIC (*Allium sativum*).

ANTISPASMODIC, EXPECTORANT, NERVINE, PECTORAL, VERMIFUGE.

A peculiar plant, with many virtues. Country people bind the bruised root on the soles of the feet as a specific for worms, whooping cough, and various other diseases. Many worse things are done by those who profess to use more complicated, but never more effectual remedies: when thus applied, garlic may be tasted in the mouth which is a proof of its penetrating properties.

GENTIAN (*Gentiana luta*).

ASTRINGENT, STOMACHIC, TONIC.

A safe and highly serviceable ingredient in all medicines that have for their object a strengthening of the digestive organs. It gives tone to the whole system creates appetite, promotes menstruation. It is a well-known and useful herb.

It is very bitter, and a lady of my acquaintanee very wisely uses powdered Gentian root rather than the rod as a corrective for her children.

She tells her little charges that naughty ways and bad tempers are diseases, and doses of physic must be administered accordingly. Morally, the effect is wonderful, and domestic discipline becomes a pleasure compared with the ordinary custom of boxing the ears or flogging. Few parents ever dream that, apart from the degradation to a sensitive child, these practices are often the cause of severe and lifelong affliction.

GERMANDER, Water (*Teucrium scordium*).

CEPHALIC, FEBRIFUGE, SUDORIFIC, TONIC.

Strengthens the brain and nerves, heals the lungs, acts well on the liver and spleen, stimulates and

braces the kidneys; is good in dropsy, melancholia, convulsions, drowsiness, dulness of spirits, and headache.

GINGER (*Zingiber officinale*).

CARMINATIVE, STIMULANT, STOMACHIC.

Is often used to expel pain from the stomach and bowels; ginger may be conveniently mixed with almost every other medicine when a stimulant is required, as it is both pleasant and safe. We have, however, met with many cases where the stomach will not pass ginger: it is therefore well to ascertain, before administering it, whether the patient can digest it or not. It is useful to put a little of the root in the mouth before leaving a warm room and going into the cold air, as it protects the throat and lungs from cold, and exerts a salutary influence over the organs of the chest, mouth, and throat.

GOLDEN SEAL (*Hydrastis canadensis*).

ALTERATIVE, ANTIBILIOUS, LAXATIVE, STOMACHIC, TONIC.

Exercises a special influence over the mucous membrane; most reliable in scrofula, glandular diseases, eruptions, debility, indigestion, constipation. It is useful in cancer, and in all such troubles, and can scarcely be misapplied, as it is safe and free from poisonous effects. Invaluable for all kinds of cuts, abrasions, gatherings, gumboils, toothache, sore gums; scaly, decaying, or loose teeth. Saturating the teeth and brushing them with a strong tincture, not only stops aching, but preserves from further decay.

GOLDTHREAD (*Coptis trifolia*).

ASTRINGENT, STOMACHIC, TONIC.

This is an excellent remedy, after fevers, for restoring the appetite and assisting the patient to recover general bodily strength.

GREY MILLET (*Millium effusum*).

ASTRINGENT, FEBRIUGE, &c.

These seeds make a pleasant drink, and are useful to alternate with barley-water in all cases of fevers, having special properties to counteract scalding in urine.

GROMWELL (*Lythosermum officinale*).

ALTERATIVE, ANTALKALINE, ANTILITHIC, DEOBSTRUENT.

The seeds of this plant, powdered, are given with a plentiful supply of barley-water, and act powerfully on the urinary organs, removing all kinds of obstructions, especially in cases of gravel.

GROUNDSEL (*Senecio vulgaris*).

ALTERATIVE, DIAPHORETIC, DIURETIC, EMMENAGOGUE, PECTORAL, TONIC.

Used with never-failing success in regulating menstruation, over which it exercises a benign influence, either when excessive or suppressed, and eases all pain.

DOSE.—5 to 10 drops of strong tincture in hot water.

HAIRCAP MOSS (*Polybuchum juniperianum.*)

A POWERFUL DIURETIC.

It is said of this little plant that it is, without doubt, the greatest diuretic. It is more powerful and effectual than all known drugs; and, when used in dropsy, there is no difficulty in the kidneys secreting from 20 to 40 ounces of water daily; and although so active, they are at the same time toned and strengthened, as it astringes and braces like urva buchu, clivers, and queen of the meadow.

Best administered in simple infusion.

DOSE.—A wineglassful three times a day, but in dangerous dropsy cases, half a wineglass every hour.

HARTSTONGUE (*Cunoblossom*).

DEOBSTRUENT, STOMACHIC, TONIC.

It is useful in all chronic obstructions of the liver, opening the bile ducts; also a good remedy for splenetic troubles.

HAWKWEED (*Heiracium pulmonarium*).

ASTRINGENT, DIURETIC, STOMACHIC, TONIC.

Useful in all inflammation, wind, indigestion, gnawing of the stomach. Induces sleep, soothing to the nerves, makes blood.

Externally applied, it is good in all breakings out, burns, eruptions, inflammation, either in the eyes or any other part; it clears the skin from spots, redness, or freckles if washed in a simple infusion of the herb.

HEARTSEASE, or Wild Pansy (*Polygonum*).

BALSAMIC, MUCILAGINOUS, PECTORAL, VULNERARY.

Safe, tasteless, but powerful as a blood-cleanser; very effectual in inflammation or other lung troubles, pleurisy, fits, convulsions, scabs, itching of the skin, and a useful ingredient in cough syrups.

HEMLOCK (*Conium maculatum*).

DISCUTIENT, VERY POISONOUS.

A wonderful herb, for *external use only*. It should only be used in bad cases, such as cancer, it is then of great use; otherwise, like dangerous, mischievous people, it is better kept at arm's length, as it would prove fatal if taken internally.

HOPS (*Humulus lupulus*).

DIURETIC, LAXATIVE, STOMACHIC, TONIC.

An agreeable, useful plant with many virtues. It cleanses the blood, tends to relax the bowels, works by urine and strengthens the bile. A pillow stuffed

with hops, is said to produce sleep when other means have failed.

HOREHOUND (*Marrubium vulgare.*)

This herb possesses many virtues, and enters largely into diet drinks.

To many it is extremely nauseous, although some profess to like it ; to such it is a great boon as there is scarcely a zymotic disease in which it is not of wonderful value. In blood-diseases it is almost unrivalled, and for the lungs it is very beneficial.

HORSE RADISH. (*Cochlearia armoracia*).

ANTISCORBUTIC, STIMULANT, STOMACHIC.

Useful in scurvy, itch, or other skin diseases; stimulates a sluggish liver, and acts on the gall

HOUSE LEEK (*Sempervivum tectorum*).

ASTRINGENT, REFRIGERANT.

It is a difficult matter to procure this herb, unless you are in the country, at an old house where it happens to be growing. However, it is very useful for cooling purposes, when applied to inflammations; and the juice expressed and taken internally is also cooling and astringent.

HYSSOP (*Hyssopus officinalis*).

AROMATIC, CARMINATIVE.

It is used as a tonic ; and for lung-diseases, wheezing, shortness of breath, etc. It is also valuable, applied outwardly to bruises and inflammations, especially as a compress in quinsy or other similar troubles. As a poultice applied to the lungs and back, it is healing and strengthening.

JUNIPER BERRY (*Juniperus communis*).

DIURETIC, NERVINE, TONIC.

Enters largely into many medicines for kidney and urinary diseases, as it is safe, effectual, and wholesome to the stomach and blood.

KAMALA (*Rottlera tinctoria*).

A VERY POWERFUL VERMIFUGE.

Similar to Cusso, this is a most reliable and effectual destroyer of the tape-worm.

DOSE.—For adults, a teaspoonful in half a tumbler of lime-water, slightly flavoured with some essence, fasting, at morning.

KIDNEY WORT.

ALTERATIVE, BALSAMIC, DEOBSTRUENT, DIURETIC, TONIC.

This little herb is, without exception, one of the mildest, safest, and most useful that grows. Its action on the kidneys is neither to purge nor restrain, but to strengthen, brace, heal, and regulate their action, and seems to be specially adapted for these organs, or any inflammations; we have used it with great success in diabetes and suppression of urine.

It has few equals (when mixed with Burnet or any stomachic bitter, and a stimulant) for chronic dyspepsia and its numerous effects.

KNAPWEED (*Centaurea jacea*).

ANTISCORBUTIC, ANTISEPTIC, ASTRINGENT.

Staunches bleeding, and is good in diphtheria, or other sore throats, either as a gargle, or to mix with others.

LADY'S SLIPPER—see *Valerian, American.*

LILY OF THE VALLEY (*Convalaria maialis*).

CEPHALIC, NERVINE, TONIC.

Strengthens the heart, brain, and nerves.

Is pleasant and serviceable in removing morbid growths from the eyes.

LINSEED—see *Flax-seed.*

LIQUORICE (*Glycyrrhiza glabra*).

DEMULCENT, EXPECTORANT, LAXATIVE.

Very useful in disguising the taste of unpleasant medicines. Also as an ingredient in all cough mixtures, &c.

LIVERWORT (*Lichen vulgaris*).

BALSAMIC, DEMULCENT, DEOBSTRUENT, DIURETIC, TONIC.

Cooling and cleansing, this is wonderfully useful in kidney and liver troubles. Invaluable in conjunction with Angelica root, Barberry bark, Burnet, and Cascara Sagrada, for Bright's disease and diabetes. In constipation, sick headache, sciatica, or where uric acid is present in the blood, it is safe, gentle, and, if continued for a time, will produce very satisfactory results.

LOOSESTRIFE (*Lysimachia vulgaris*).

ASTRINGENT, BALSAMIC.

A very useful herb for females, particularly in leucorrhœa, excessive menstrual discharge and purgings.

The leaves, applied to a new cut, stop the bleeding, and greatly assist in healing.

MARIGOLD (*Calendula officinalis*).

ANTISEPTIC, DIAPHORETIC, DISCUTIENT, HERPETIC, VULNERARY, &C.

This beautiful flower is very useful in measles and all eruptive fevers, being safe, expulsive, and stimulating; it also strengthens the heart's action. It is of great service in eczema, bathing the parts in the liquor in which the flowers have been gently stewed, also using the pulp as a poultice, which removes old sores, pock marks, or any cicatrice whatever. I have removed many old unsightly sores by the following means:—Place a poultice of the pulp of stewed

flowers upon the place at night on going to bed, and remove it in the morning. Continue this until the scar is completely absorbed.

The pulp need not be thrown away more than once or twice a week, but can be renewed by soaking in the hot liquor.

MARJORAM, SWEET (*Origanum Marjorana*).

AROMATIC, CARMINATIVE, DISCUTIENT, STOMACHIC, TONIC, &c.

What I say of Wild Marjoram may be said of this plant, with this difference, it is not such a powerful antacid.

It is almost better for the lungs, and for external application to stiff joints, shrunken sinews, also in ointments, &c.

MARJORAM, WILD (*Origanum vulgare*).

AROMATIC, CARMINATIVE, STOMACHIC, TONIC, &c.

This is one of the best all-round remedies for indigestion, acidity, wind, colic, cough, consumption, diseases of the spleen, scurvy, dropsy, deafness, head troubles, and it cannot be wrongly administered.

MARSH MALLOW (*Althea*).

ASTRINGENT, DEMULCENT, EMOLLIENT.

Excellent to allay swellings ; as a fomentation, poultice, or enema, it has a great reputation. It may be used freely, as it has no dangerous properties, and is very soothing,

Made into a syrup with honey, it is useful as a vehicle for more active medicines, and allays irritation. The powdered root, mixed with cement or plaster of Paris, prevents them setting so quickly, and at the same time, makes them much more tenacious, making them so hard, as to have the appearance of marble.

MINT (*Mentha*).

DIURETIC, FEBRIFUGE, STIMULANT, SUDORIFIC.

There are many kinds of mint, but I chiefly use spearmint, peppermint, or watermint, as they all act in a similar manner. Bruised into a pulp, and put on any inflammation, it gives relief at once. The eye is very difficult to relieve, when burned, scalded, or much inflamed, but, in common garden mint, you will find a remedy that will act in a few minutes, if pulped and applied as a poultice. The same application to the forehead and temples will give relief in phrensy, brain fever, common headache, and most cases of brain trouble. A large poultice bound round the loins will relieve and cure lumbago, or any local pain; it dissolves tumours, or other morbid deposits, it strengthens the stomach; is a good digestive, and an excellent wash for any kind of skin disease. It has many other virtues, too numerous to mention.

MISTLETOE (*Viscum flavescens*).

CEPHALIC, NERVINE, &C.

Useful in epilepsy, St. Vitus' dance, and nervous diseases generally.

MOTHERWORT (*Leonurus cardiacæe*).

ASTRINGENT, ANTISPASMODIC, EMMENAGOGUE, NERVINE, STIMULANT, TONIC.

A good heart tonic, and acts with great benefit on the uterine organs, relieving cramps, faintings, swooning, suffocating, &c. It is a splendid herb for females, and cannot be misused, as it is perfectly harmless.

A valuable herb for relieving menstrual obstructions; useful in hysteria, nervousness, and pains in the head.

MOUNTAIN FLAX (*Linum catharticum*).

CATHARTIC, DEMULCENT, LAXATIVE.

This little plant is an excellent purge, and acts well on the lower intestines; it also makes a good ingredient in a pill, for sciatica, lumbago, &c.

It is very beneficial with other herbs, in obstructions of the uterine organs, hysteria, and locomotor ataxy.

Its action on the stomach and bowels is also very beneficial. No family should be without these pills as a standard remedy for all nervous ailments; I have witnessed great benefit from using them, and, better still, no harm.

MOUNTAIN MINT OR CALAMINT (*Thymus calamintha*).

CEPHALIC, STOMACHIC, SUDORIFIC, VERMIFUGE, &C.

Good in all brain troubles, convulsions, cramps, colic, worms, jaundice, sickness, skin diseases, obstructions in the liver and spleen, ague, shortness of breath, &c.

MULBERRY (*Morus*).

APERIENT, BALSAMIC, DIURETIC.

Wholesome fruit *when ripe*, gently acting on the bowels; cooling and healing to a disordered stomach, sore mouth; and very serviceable in thrush.

MULLEIN (*Verbascum thapsus*).

ANTISCORBUTIC, ANTISEPTIC, ASTRINGENT, STYPTIC.

An excellent help in consumption, when mixed with powdered comfrey, or wild cherry bark. Taken alone, powdered, in hot milk, it brings about an improved condition in all consumptions, that to be believed must be witnessed.

MUSTARD SEED, White (*Sinapis alba*).

Excellent, taken whole, either in porridge or broth; also swallowed, after meals, in a little water:—the

seeds pass through the stomach and bowels unbroken; but the rind, like oats, contains medicinal properties, which act with great benefit on the mucous membrane of both.

NEP see *Catmint.*

NETTLE (*Urtica dioica*).

ANTISCORBUTIC, ASTRINGENT, STYPTIC, &C.

Has very recently attracted the attention of some of the faculty, who are beginning to feel the necessity for improved remedies. These gentlemen have only just discovered that Culpepper, Avicen, Seraphio, and others, taught in bygone ages that nettles have numerous virtues, and are a safe and sure medicine in the spitting of blood, thickening of the air-tubes, swellings of the throat, impurities of the blood, soreness of the mouth; they are also a common ingredient in diet drinks.

When a boy, my mother always brewed a beverage from Nettles and Dandelion, which was fit for a king to drink.

OATS, Black and White (*Avena*).

LAXATIVE, NERVINE, SOLVENT, STIMULANT.

The cuticle of the oat is covered with a resinous gum, soluble in spirits of wine; and, I think, in glycerine, also in hot water (not over 130 degrees).

This gum, when collected, is one of the most valuable and powerful stimulants known, and is called Tincture of Avena Sativa. It is perfectly safe, and is a grand specific for the opium habit.

Whenever a stimulant is required, it is invaluable, there is no reaction after its use; and, in paralysis, or other diseases, where the vitality requires raising, nothing equals it. It is also a great uterine tonic,

solvent, and, either alone or in combination, is a valuable medicine; one or two doses of from 25 to 30 drops will throw off a bad cold, if taken at the commencement. It is also well to take a dose before going where there is danger of contagion. It acts quickly, in a half-wineglassful of hot water.

PARSLEY (*Aprum petroselinum*).

APERIENT, DEMULCENT, DIURETIC, REFRIGERANT.

Opens obstruction of the liver, spleen, and kidneys. The root acts very gently on the bowels, dispersing wind, &c., and is one of the best simples for irritation of the bladder, scalding, frequent desire to urinate, dribbling, or inability to retain the water. It is also an excellent cooling poultice in all inflammations, especially of the eyes, as it is cooling without possessing much astringency.

PARSLEY PIET (*Alchemilla Arvensis*).

ANTISEPTIC, DEMULCENT, DIURETIC.

It is said to break and disperse stone in the bladder. However this may be, it is good in gravel and kidney troubles.

PEACH LEAVES (*Amygdalus persica*).

APERIENT, BALSAMIC, TONIC, &C.

An excellent ingredient in herb beer. It is a mild, gentle tonic, slightly aperient; soothing and healing; a good medicine for children of delicate constitution.

PELLITORY OF THE WALL (*Parieteria officinalis*).

DIURETIC, NERVINE, PECTORAL.

A favourite plant for weak lungs and kidneys. I use it freely in my cough mixture, and I find it very useful for water in the head. It makes an excellent syrup combined with betony, and, if persevered with, will work wonders. It gives great relief, in combi-

nation with other herbs, in cases of asthma and bronchitis.

PENNYROYAL (*Mentha pulegium*).

AROMATIC, CARMINATIVE, STIMULANT, STOMACHIC.

An old and valuable plant for cooling, expelling wind, giving strength and vitality to the stomach and bowels, skin, and uterine functions. It is a safe and effective female remedy, and useful in fevers, or any disease where a cooling stimulant is required.

PEONY ROOT (*Pæonia corollina*).

NERVINE, STIMULANT, TONIC.

The powder of this root is serviceable in all nervous disorders, hysteria, and particularly in epilepsy.

PEPPERMINT—see *Mint.*

PERUVIAN BARK (*Cinchona officinalis*).

ASTRINGENT, FEBRIFUGE, TONIC.

All extracts of this bark must be strictly avoided. In my experience I have met with numerous very serious troubles arising from the use of quinine, many of which were more difficult to cope with than the disease for which this extract had been administered.

The *whole* bark must always be taken, not the extract only; otherwise, it causes much pain and suffering by a deposit it makes on the spleen. I have had many cases suffering from this, and have been very successful in treating with the whole bark, simply powdered and administered direct.

It is valuable for weak stomachs, in loss of appetite, and general debility; also serviceable in correcting the urinary organs.

PIMPERNEL (*Anagallis arvensis*).

ANTISCORBUTIC, ANTISEPTIC.

This herb is considered by some authorities to be

a remedy for the bites of venomous snakes and for hydrophobia. It is valuable for all wounds, running ulcers, mortifications, pestilential fevers, and contagious diseases.

The juice is strongly recommended in dimness of sight and to destroy cataract. In application it should be dropped into the eye.

PITCHER PLANT (*Saracenia purpurea*).

DEPURATIVE, DIAPHORETIC, STIMULANT, TONIC.

Supposed to be an antidote for small-pox marks, but the truth of this is very doubtful, as its antiseptic properties seem limited. I should therefore place little reliance on this remedy as a radical antidote.

It is a peculiar diaphoretic, and acts chiefly on the follicles of the skin, rousing them into activity, and, being depurative, it no doubt, aids greatly in reducing the symptoms without doing harm. It seems to act for great good in some way that is not yet understood. I therefore advise to give it freely in all eruptive fevers. The simple decoction is undoubtedly the best mode of administering it.

PLEURISY ROOT (*Asclepias tuberosa*).

ALTERATIVE, ANTISPASMODIC, CARMINATIVE, DIAPHORETIC, DIURETIC, EXPECTORANT, LAXATIVE, TONIC.

Employed in all kinds of fevers, croup, pneumonia, peritonitis, rheumatism, colic, colds, coughs, constipation, hysteria, and all kinds of inflammatory diseases. It exercises great healing power over the serous tissues, and gives prompt relief in flatulent colic. In febrile stages of dysentery it is of priceless value.

DOSE.—10 to 15 drops of the strong tincture.

N.B.—Its efficacy is greatly increased when administered in hot water.

POKE ROOT (*Phytolacca Decandra*).

ALTERATIVE, ANTISCORBUTIC, DEOBSTRUENT, DIURETIC, LAXATIVE, SLIGHTLY NARCOTIC.

In large doses, EMETIC and CATHARTIC.

Exerts specific action on the rectum, also on the mucous membrane of the stomach and bowels. Makes a good application for piles, ulceration of the rectum, and as an outward application in canker.

It is good in rheumatism, scrofula, salt rheum, itch, glandular swellings, affections of the liver and spleen, &c.

DOSE.—5 to 10 drops of strong tincture, or one tablespoonful of simple infusion.

POPLAR BARK (*Populus tremuloides*).

ALTERATIVE, DEPURATIVE, DIAPHORETIC, DIURETIC, STOMACHIC, TONIC, VERMIFUGE.

Combined with a little tincture of myrrh, it has a wonderful action in suppressed urine, scalding, &c.

It is also good in indigestion, flatulence, worms, hysteria, jaundice, fevers, and cutaneous diseases.

PRINCE'S PINE (*Chimaphilla umbellata*).

ALTERATIVE, ASTRINGENT, DIURETIC, TONIC, &c.

Stimulates the liver ; checks the ravages of phthisis, exerts specific influence on the lymphatics, carries off effete matter, prevents the advance of cancer, and works by urine, in scrofula, dropsy, rheumatism, gonorrhœa, gravel, ulcers, and peritonitis.

PRIVET (*Ligustrum vulgare*).

ANTISCORBUTIC, BALSAMIC, STYPTIC.

Useful in gleets or other similar discharges, as it is cooling and astringent.

PUMPKIN SEED (*Cucurbit Pepo*).

DIURETIC, FEBRIFUGE, &c.

These seeds are excellent for cooling purposes. They make a good emulsion with barley-water, as

milky as almonds, which is serviceable in stranguries and heat of urine.

QUEEN'S DELIGHT (*Stillingia sylvatica*).

ALTERATIVE, ANTI-SYPHILITIC, DIURETIC, RESOLVENT, STIMULANT, TONIC.

It exerts a stimulating influence upon the fauces, trachea, bronchia, and bronchial mucous capillaries,

It is much used in scrofula, syphilis, leucorrhœa. gonorrhœa, cutaneous diseases, incontinence of urine, impotence, sterility, rheumatism, bronchitis chronic pneumonia, gleets, and mercurial poisoning.

DOSE.—5 to 15 drops of the strong tincture; or one tablespoonful of strong infusion. The strength of most infusions is about one ounce of the dried herb to a pint of boiling rain-water.

QUEEN OF THE MEADOW (*Eupatorium purpurea*).

ANTISCORBUTIC, AROMATIC, DIURETIC.

Valuable in all kidney obstructions, dropsy, gravel, &c., pains in the back, constipation, inward or outward eruptions, fistula, cancer, &c.

RAGWORT (*Senecio Jacobæa*).

ANTISCORBUTIC, ANTISEPTIC, DISCUTIENT.

For catarrh, quinsy, sore mouth or throat, ulcers, canker, scrofula.

It is valuable as a compress to ease pain in the loins, and sciatica; also to wash old wounds.

RHODODENDRON, Yellow Flowering.

(*Rhododendro Chrysanthum*).

As a decoction, it is used in Siberia in rheumatism and gout.

Two drachms of the dried shrub, infused in 10 ounces of boiling water, all night, and the infusion taken in the morning, produces a creeping sensation in the affected parts; three or four doses are supposed to cure, and it is worth a trial.

ROSEMARY. (*Rosmarinus officinalis*).

ASTRINGENT, TONIC.

An excellent but powerful medicine. It is good for wind, colic, putrefaction, drowsiness, fits, swooning, sickness, jaundice, &c., &c.; also useful as a rubbing oil, but should not be used for the hair, as it turns it prematurely grey; there are many better things.

RUE (*Ruta graveolens*).

DIURETIC, STOMACHIC, TONIC, VERMIFUGE.

Should be carefully used when mixed with other herbs, as it often destroys their properties. It is a curious, but beautiful plant; and excellent for hysteria, all female obstructions, fits, and poisonous bites of snakes or dogs.

SAGE (*Salvia officinalis*).

ASTRINGENT, NERVINE, STIMULANT, SUDORIFIC.

Given for colds, sore throat, dizziness.

It allays nervous excitement, and is an excellent application in sore breasts, or other inflamed gatherings; also to dry up milk.

SAGE, RED (*Salvia rubra*).

ASTRINGENT, NERVINE, STIMULANT.

Has all the properties of garden sage in a greater degree; and, mixed with lemon juice, is a good expectorant for all throat diseases.

Applied externally as a poultice it dissolves tumours, swellings, and congealed blood.

SAMPHIRE (*Echinophora spinosa*).

ALTERATIVE, ANTILITHIC, DEOBSTRUENT, DIURETIC, EMMENAGOGUE.

The juice of the green leaves is very serviceable in urinary complaints, preventing formation of gravel

and stone. It opens the gall-ducts, and is very useful in jaundice.

As a woman's remedy, it is employed to promote menstrual discharge.

SANICLE (*Eupatorium aromaticum*).

ANTISCORBUTIC, HERPETIC, NERVINE, STYPTIC.

This herb has few equals for stopping bleeding, in dangerous cases of hemorrhage occurring through cancer or similar diseases.

As an outward application in torturing pains, &c., sanicle is superior to tannin.

It is almost a specific for scurvy if persevered with; it is also good in ulceration of the stomach or bowels, where perforation is threatened.

For external use, it is equally good for cleansing and healing; and, as an injection, is serviceable in womb diseases.

SANTONINE.

A remedy for worms; but should never be administered without professional advice, as an overdose may cause colour-blindness or even death. No English child should take more than one grain. I specially emphasize this, knowing that santonine lozenges are commonly sold, and often incautiously administered for this complaint.

SASSAFRAS (*Laurus sassafras*).

ANTISCORBUTIC, APERIENT, DIAPHORETIC, TONIC.

The bark of the root is most valuable for medicinal purposes, and is cut into chips to make an infusion. It is a good cleanser of the blood for rheumatism, venereal diseases, and all scorbutic affections. It is a useful ingredient in diet-drinks and promotes perspiration.

SAVINE (*Sabina*).

ANTHELMINTIC, EMMENAGOGUE, DIAPHORETIC, DIURETIC, STIMULANT.

Poisonous, but an excellent remedy for external

application, either in lotion, salve, or plaister, for ringworm, canker, or any microbe disease of the skin; also to cleanse old ulcers, boils, carbuncles, or other scrofulous sores that require to be kept open.

SAXIFRAGE (*Saxifraga*).

DISCUTIENT, DIURETIC, EMOLLIENT.

One of Nature's masterpieces for all urinary diseases, dissolving calculi, in kidneys or bladder; cleanses the stomach, heals the lungs, disperses wind, cramp, convulsions, and colic. The herb boiled, and the face washed in the water, improves the complexion, and removes redness, freckles, sunburn, &c.

SCABIOS, FIELD (*Scabiosa arvensis*).

BALSAMIC, EXPECTORANT, ETC.

A strong infusion of the fresh leaves is very useful in asthma, difficulty of breathing, coughs, and lung-troubles generally.

SCULL CAP (*Scutellaria lateriflora*).

ANTISPASMODIC, DIURETIC, NERVINE, TONIC.

A precious herb for nervous excitability, restlessness and wakefulness attending acute or chronic diseases.

It manifests itself on the grey nerve-tissues; and is valuable in fevers and other affections where these tissues are partially degenerated. It is safely used in urinary disorders, nervous debility, neuralgia, convulsions, chorea, hysteria, delirium, &c.

DOSE.—2 to 10 drops of the strong tincture; or a tablespoonful of the simple infusion.

SELF-HEAL (*Prunella vulgaris*).

ASTRINGENT, VULNERARY, ETC.

"He that hath Self-heal and sanicle needs no other physician," so says an old Italian proverb.

SHEPHERD'S PURSE (*Thlaspi Bursa-pastoris*).

ASTRINGENT, DIURETIC, TONIC.

Good in fluxes of the bowels or any relaxed condition of the uterine organs. Used for ulceration of the stomach or bowels; but should be accompanied with a gentle laxative. Applied in salve or lotion, it cleanses and heals inveterate sores and ulcers.

SILVER WEED, OR WILD TANSY.

ALTERATIVE, ASTRINGENT, REFRIGERANT, STRANGURY.

Offensive, sweating, galled, or chapped feet are wonderfully cured by the application of this herb.

The feet should be bathed in a pulp, made by bruising and scalding the herb.

The pulp applied as a poultice, gives immense relief, in all inflammable diseases, joint aches, inflamed swellings, uric deposits, &c.

In running sores, it cleanses, cools inflammation, and gently heals.

Used as a wash, it improves the complexion.

As an internal remedy, it prevents griping in the bowels, and is therefore useful to mix with purgatives. With lemon juice, it makes a good gargle, for sore mouth or throat.

SKUNK CABBAGE (*Symplocarpus fœtidus*).

ANTISPASMODIC, EXPECTORANT, NERVINE.

Very useful in asthma, coughs, and all lung affections.

Makes a useful drink, in combination with other herbs, for febrile complaints.

SLIPPERY ELM BARK (see *Elm Bark*).

SOLOMON'S SEAL (*Convollaria multiflora*).

ASTRINGENT, BALSAMIC, DEMULCENT.

Bruise the fresh root into pulp, separate the coarse parts, and apply to the eye, when black, or other

bruised parts: renew every two hours. Also good to disperse congealed blood.

SOUTHERNWOOD (*Artemisia campestria*).

NERVINE, VERMIFUGE, &c.

A splendid herb for external use; but too unpalatable for the stomach.

It is very effectual in all breakings out, scabs, itch, or eczema; and the oil, mixed with other ingredients, makes a good pomade, that will free the hair from parasites; it is very healing for fresh or old wounds.

SPEARMINT (see *Mint*).

SPLEENWORT (*Asplenium trichomanes*).

ALTERATIVE, DIURETIC, STIMULANT, TONIC.

One of the few direct remedies for the spleen; it is also very effectual in removing obstructions in the gall ducts, cleanses and stimulates the liver, acts on the kidneys; and is a good uterine tonic.

STRAMONIUM.

I only recommend this for smoking, as cigarettes, in paroxysms of asthma, it being otherwise very dangerous in inexperienced hands.

ST. JOHN'S WORT (*Hypericum*).

ASTRINGENT, STIMULANT, VULNERARY.

Recommended in ague, impotency, wounds; and is an excellent remedy for bed sores.

An oil, prepared as follows, induces healthy granulations and a rapid cure without smarting.

Put flowers of St. John's Wort into a bottle, fill half full, and cover with olive oil; this must stand in the sun for several days, until the oil becomes a deep red colour.

In application, brush this gently over the sore. It is also efficacious in rheumatism, lumbago, stiff or

painful joints, &c.; a teaspoonful taken internally is good in lumbago, pains in the loins, &c.

SWEET FLAG (*Acorus Calamus*).

AROMATIC, STIMULANT, TONIC.

Very useful in inflammatory states of the stomach and bowels; expels wind, cures colic, stimulates the digestive organs, and restores appetite.

SWEET GALE (*Myrica Gale*).

ALTERATIVE, ANTISCORBUTIC, AROMATIC.

An excellent remedy for cutaneous diseases, especially for itch and troublesome eruptions, applied internally and externally.

TAG ALDER (*Alnus rubra*).

ALTERATIVE, EMMENAGOGUE, RESOLVENT, STYPTIC, SUBASTRINGENT, TONIC.

There are few remedies to equal Tag Alder in cases of syphilis; chronic inflammation of the stomach and bowels; and in all cases of hemorrhage, either internal or external. Applied to cuts, bruises, ulcers, or persistent sores, it cleanses and heals the parts, dispersing congealed blood, and restoring a healthy action.

Internally, it exerts a better influence over the false membrane of the stomach and bowels, than any other herb with which I am acquainted.

DOSE.—Of the strong tincture, 10 to 60 drops; of the simple infusion, one tablespoonful.

TANSEY (*Tanacetum vulgare*).

DIURETIC, EMMENAGOGUE, STOMACHIC, VERMIFUGE.

Very pungent, and disagreeable to the taste; but, for outward application, it is very valuable.

Applied as a poultice, bruised and scalded, to the

loins or parts affected, it removes most pains, lumbago, sciatica, pains in the knees and other joints; colic, retention of urine, strangury. It is also very good, macerated in oil, to rub the spine, when that part is weak.

THYME (*Thymus serpyllum*).

CEPHALIC, STOMACHIC, TONIC.

One of the most useful, as well as one of the pleasantest plants in our garden.

A powerful lung-healer, and enters largely, as will be seen, into my cough mixtures. I have found it very efficacious in chin cough, asthma, bronchitis, and all lung ailments.

It is also a good female regulator, cleansing, healing, invigorating; and so safe and harmless, that the youngest may take any quantity.

In an ointment it removes warts, hot swellings, gout, and swellings about the privates. It is very grateful to the stomach, and expels wind.

TOAD FLAX (*Anterhinum linaria*).

DIURETIC, LAXATIVE, SOLVENT, ETC.

Valuable in obstructions of the gall-ducts, scalding or incontinence of urine.

It makes a valuable cooling ointment, with goose fat or lanoline. Simply scalded, the liquor obtained is very cooling for inflamed eyes; or, applied as a poultice, it cleanses old ulcers, and soothes the inflammation.

TORMENTIL ROOT (*Potentilla tormentilla*).

ASTRINGENT, TONIC.

A powerful astringent for outward application to staunch bleeding. Also for chronic relaxed bowels, leucorrhœa, piles, &c.

TURKEY CORN (*Corydalis formosa*).

ALTERATIVE, ANTISCORBUTIC, ANTI-SYPHILITIC, DIURETIC, RESOLVENT, TONIC, ETC.

Possesses great tonic influence over the eliminating emunctories. In irritation of the stomach it acts with soothing influence, and seldom disagrees with the most delicate. It exercises a salutary influence in scrofula, syphilis, cutaneous diseases, dropsy, and debility.

UNICORN ROOT (*Helonias Dioica*).

ALTERATIVE, DIURETIC, EMMENAGOGUE, TONIC, VERMIFUGE.

This herb principally affects the kidneys and bladder, and stimulates the assimilating organs. Where there is much gastric irritability, it will be tolerated when other tonics are rejected. Very effective in debility of the uterus, and is used in leucorrhœa to prevent miscarriage, dyspepsia, worms, diabetes, etc.

VALERIAN, AMERICAN (*Cypripedium pubescens*).

ANODYNE, NERVINE, SEDATIVE.

Possessing no narcotic properties, this herb can be given without danger in all nervous diseases, restlessness, headache, low fever, delirium tremens. It quiets the nerves, allays pain, and promotes natural sleep. Its action is much superior to opium in any form.

VALERIAN, ENGLISH (*Valariona officinalis*).

ANODYNE, NERVINE, SEDATIVE.

A good nervine, and altogether like the other, but somewhat inferior. As a general nervine, Cypripedium is very beneficial in hysteria, chorea, neuralgia, hypochondria, which are often aggravated by opium, and may be relieved by this herb without danger. With children it is very successful, never producing

constipation or reaction, but quiets the nerves, without mischief.

VERVAIN (*Verbena officinalis*).

DIURETIC, EMETIC, SUDORIFIC, TONIC.

Vervain is not only an emetic, but a good sweating herb.

It may be used with safety, and great benefit, when the stomach is very foul; given in large doses, its action is sure, and, when it becomes diffused over the whole coating of the stomach, its cleansing and healing properties are of great benefit.

When given as an emetic, care should be taken to give enough, and repeat as often as the stomach requires, until thoroughly cleansed.

VINE (*Vitex vinefera*).

ASTRINGENT, DIURETIC, EXPECTORANT, STOMACHIC, TONIC.

The ashes of the vine make a good dentifrice.

Bruise and scald the young tops and tendrils, and leave until they become pulpy; then press out the liquor, and, to every gallon, add $3\frac{1}{2}$ lbs. of sugar, put in a warm place to ferment for a week, skimming every morning; then bottle, or put in a cask, full to the bung, but leave the bung out for another week to admit of further fermentation, then cork tightly for several months. When bottling, add a little gelatine, and, in a few months, you will have some of the best champagne in England, much more wholesome than the usual article. Costs about 4d. a quart.

This is a wholesome drink for the sick and debilitated; and far more nutritious than any continental wine; also much less expensive.

VIRGINIA SNAKE ROOT (*Aristolochia serpentaria*).
DIAPHORETIC, DIURETIC STIMULANT, TONIC.

Very useful in all febrile conditions, for maintaining gentle action of the skin. A useful medicine in urinary troubles, and especially the kidneys.

WATER MINT (*Mentha hirsuta*).
ANTISPASMODIC, CARMINATIVE, DIURETIC, EMMENAGOGUE, FEBRIFUGE, &C.

Possesses similar qualities to those mints already mentioned, with this addition, that it is more effectual in those malarious fevers which are acquired by going into damp places.

It is also more potent in the relief of colic, internal cramps, or suppression of menstruation.

A simple tea is the best form in which to administer it. The herb should be scalded like tea, but never boiled, and the only care required is to give enough, as it can do no harm to old or young.

WATER PLANTAIN (*Alisma plantago major*).
ASTRINGENT, NERVINE, VULNERARY, &C.

The seed is sometimes used for overflow of the menses, or other hemorrhages.

The root, dried and grated, is supposed to be a great specific for snake-bite, or hydrophobia. It has had a great reputation in some parts of Russia for many years, and is well worth a trial, as it is perfectly harmless.

WHITE POND LILY (*Nymphocaica alba aquatica*).
ASTRINGENT, EMULCENT, PECTORAL, TONIC.

An excellent medicine for thrush, looseness of bowels, teething, and all children's diseases of a relaxing nature.

It is best given in a syrup, made by gently macerating over a fire, for two hours, a handful of the flowers in a pint of rain water with honey or glycerine.

DOSE.—One teaspoonful.

WILD PANSY (see *Heartsease*).

WILD TANSY (see *Silver Weed*).

WILD THYME OR MOTHER OF THYME.

Possesses all the properties of other thymes, but more beneficial to the brain and spine, either internally or externally applied.

The head bathed with it, and diluted acetic acid, is very serviceable in brain and other fevers. It is a grand stomachic, giving tone and power to that organ when debilitated. All round, thyme has few equals.

WILLOW BARK OR LEAVES (*Salices*).

ASTRINGENT, TONIC.

This plant has virtues similar to eucalyptus, sunflower, magnolia, and Peruvian bark, in intermittent fevers.

The locality of growth, and the influence exercised over the malarious emanations, which abound in the favourite haunts of these plants, seem to mark them as specially adapted for the purpose of absorbing the poisonous miasma in the body, as well as in the swamp.

It has been found that all these herbs are good in intermittent fevers, and, if persevered with, will destroy the germs.

The willow is an excellent styptic, arresting bleeding, internal or external. It is good in consumption, ague, colic, lung affections, and is a better tonic than Peruvian bark.

In inflammatory gout, it is invaluable, and its fine cooling, strengthening, and antiseptic properties, when better known, will supersede many foreign remedies, and make it a general favourite.

WOOD BETONY (*Betonica officinalis*).

ANTISCORBUTIC, CEPHALIC, NERVINE, STOMACHIC, TONIC.

Much has been written in praise of this plant, and, although somewhat overrated, it is, nevertheless, an excellent stomachic, cephalic, antiscorbutic, and nervine, acting with much benefit on the brain and spine; cures headache, &c.; should always be given in brain troubles, from whatever cause, even when softening has taken place.

A syrup made of Wood Betony, Pellitory of the Wall, and honey, will be found of priceless value to delicate children, particularly to those who have a tendency to dropsy in the head.

A teaspoonful, once or twice a day, may effect wonders, and can do no harm.

WOOD SAGE (*Teucrium canadense*).

DEOBSTRUENT, DIURETIC, STOMACHIC, TONIC.

Is of great service in removing obstructions in liver and kidneys.

WOOD SORREL (*Rumex acetosa*).

ANTISCORBUTIC, ANTISEPTIC, ASTRINGENT, &C.

An excellent cooling and refreshing drink, to allay thirst, may be made from this herb; and it is good to mix with others for that purpose, but we have many better.

WORMWOOD (*Artemisia absinthium*).

ASTRINGENT, STIMULANT, TONIC, VERMIFUGE.

An excellent remedy for promoting the appetite and digestion, in dyspepsia; and is invaluable if the stomach will bear its pungent bitterness; this is soon overcome by taking, every morning, fasting, a spoonful of the syrup made of wormwood and honey.

This practice would be found one of the best preservers of health for people who lead artificial lives,

and whose digestion suffers from too rich or concentrated food.

It is a good nervine, and will prove invaluable in sore throats, &c.

It is equally good, infused in oil or acid (acetic), for external application to excite the spine and remove congestion from that important nerve centre.

YARROW (*Achillea millefolium*).

ASTRINGENT, DIURETIC, SUDORIFIC, TONIC.

This herb is noted for its action on the skin, opening the pores, and removing obstructions. Thousands of pounds have been saved to the working man in doctors' bills, by the free use of this herb in the early stages of disease.

Doctor Coffin first called the attention of the public to its virtues, and I should like to see his monument supersede that of Jenner, which probably may happen if the world becomes wiser and less gullible.

YELLOW DOCK (see *Dock*).

YELLOW JESSAMINE (*Gelseminum sempervirens*).

ALTERATIVE, ANTISPASMODIC, EMMENAGOGUE, FEBRIFUGE, NARCOTIC, NERVINE, STYPTIC.

It exercises a quieting influence over the nervous system, and greatly relieves tormina, tenesmus, catarrh of the bladder and urethra, also nocturnal emissions and sexual excitement. This root possesses many other properties; but, as it is dangerous in inexperienced hands, I would advise great caution in its use. An overdose causes temporary blindness and double vision. No adult should take more than a two-drop dose.

N.B.—Willow bark nearly possesses the same properties as this root, and should not be employed by those acting without professional advice.

NOTICE.

For the convenience of many patients and correspondents, who find great difficulty in procuring the necessary herbs, I have made arrangements to enable me to supply all the various herbs in packets; possessing the advantages of being fresh selected, specially dried, perfectly clean, and chopped ready for infusion.

The charge is about 1s. a dozen packets, *with postage extra.*

I am induced to undertake this department, because many of my patients have complained of herbalists not having the articles they require, being served with stale, dirty herbs; and, often, of being induced to try some special preparation instead of the one they actually want. Some of these inconveniences have caused many discomforts, and in some cases have done actual harm.

I also make up and supply any of my prescriptions on application.

D. YOUNGER.

22, Ledbury Road, Bayswater,
London, W.

DICTIONARY OF MEDICINAL PROPERTIES.

ALTERATIVES :—To change the action of the secretions, and to correct the morbid conditions of the organs.

ANÆSTHETICS :—To suspend consciousness, and to cause insensibility to pain.

ANODYNES :—To act upon the brain, alleviating pain : producing a soothing, quieting effect.

ANTACIDS :—To correct acidity of the stomach, rendering the blood and secretions more fluid.

ANTALKALINES :—To neutralise excess of alkaline matter in the alimentary canal and urinary organs.

ANTEMETICS :—To arrest vomiting.

ANTHIDROTICS :—To check perspiration.

ANTI-ANÆMICS :—To prevent the destruction of, and to revive the red corpuscles of the blood.

ANTIBILIOUS :—To correct the bile and act on the bilious secretions.

ANTILITHICS :—To counteract the formation of calculi, and to prevent urinary sediments.

ANTIPARASITICS :—To destroy vegetable and animal parasites.

ANTIPERIODICS :—To interrupt periodical attacks of disease.

ANTISCORBUTICS :—To cleanse the blood in skin diseases, eruptions, &c.

ANTISEPTICS :—To destroy infectious or fœtid odours, and to prevent decomposition.

ANTISPASMODICS :—To allay muscular contractions, cramps, spasms, &c.

APERIENTS:—To promote alvine evacuations, relaxing, gently purging.

AROMATICS:—Sweet smelling, fragrant. To dispel flatus and to correct gripings.

ASTRINGENTS:—To contract the fibres, produce coagulation of the albuminous fluids, check increased secretions, mucous discharges, and hemorrhages, obviate relaxation, stop bleeding.

BALSAMIC:—To heal, mild and stimulating.

CARMINATIVE:—To expel wind.

CATHARTIC:—To purge, cleanse the bowels; promote alvine evacuations.

CEPHALIC:—To relieve and cure diseases of the head.

CHOLAGOGUE:—To cause a flow of bile into the intestines.

DEMULCENT:—To soften and sheathe from the action of acrid substances.

DEOBSTRUENT:—To remove obstructions and to correct secretions.

DIAPHORETIC:—To promote the exhalation of the skin, producing insensible perspiration.

DISCUTIENT:—To dissolve and disperse humours, deposits, tumours, &c.

DIURETIC:—To promote the discharge of urine.

EMETIC:—To excite vomiting.

EMMENAGOGUE:—To restore or maintain a healthy condition of the menstrual discharge, or to increase the quantity.

EMOLLIENT:—To relax the solid tissues, to allay irritation, protect sensitive surfaces, and to produce warmth and moisture.

EXPECTORANT:—To promote the secretion of bronchial mucous.

FEBRIFUGE:—To allay fever-heat, and to dispel fevers.

HÆMATINIC:—To augment the number of red corpuscles.

HERPETIC:—To cure diseases of the skin.

IRRITANT:—To stimulate, to cause irritation or inflammation.

LAXATIVE:—To relax constipated bowels, to purge mildly.

MUCILAGINOUS:—Glutinous, gummy, semi-liquid.

NARCOTIC:—To produce sleep, cause stupor, allay pain, arrest inordinate secretions, and to subdue irritation.

NERVINE :—To stimulate and strengthen the nerves, thereby augmenting the supply of magnetism.

NUTRITIVE :—To quicken assimilation, and improve the composition of the living tissues.

PECTORAL :—To assist expectoration in diseases of the chest and lungs.

REFRIGERANT :—To diminish heat, quench thirst.

RUBEFACIENT :—To produce heat, and, when applied to the skin, irritates and reddens it.

SEDATIVE :—To depress the vital powers and the action of the heart, soothing and calming in inflammatory diseases.

SIALOGOGUE :—To increase the secretion of saliva, when chewed.

STIMULANT :—To promote the sensibility of the nervous and muscular systems, increase the secretions of the mucous membrane, and to give energy to the whole system.

STOMACHIC :—To excite and strengthen the functions of the stomach, improve the appetite and digestion.

STYPTIC :—To arrest bleeding ; used in all cases of hemorrhage.

TONIC :—To give strength to the system generally; to brace, strengthen, revive.

VERMIFUGE :—To destroy worms.

VULNERARY :—To heal wounds.

REMEDIES

FOR

INTERNAL USE.

Part I.

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REMEDIES for INTERNAL USE.

SECTION I.—DECOCTIONS, INFUSIONS, MIXTURES, TINCTURES, SOLUTIONS, &c.

*AGUE REMEDY.

	oz.
Pitcher Plant (Saracenia purpurea)	1
Eucalyptus Leaves	1
Cinnamon	½
Willow Bark	1
Boiling Water, ...	1 *qt.*

DOSE.—A wineglassful every hour until relief is obtained.

BLOOD PURIFIER (No. 1).

	oz.
Saxifrage	2
Tag Alder	2
Blue Flag	1
Bittersweet	1
Corydalis	1
Caraway Seed	1
Poke Root	1

---

* Two other ague remedies are given as *Powders*; for which refer to that section.

Boil in three pints of rainwater, strain, and sweeten with honey or glycerine.

This is the very best medicine possible, for cleansing the blood and destroying micro-organisms, or disease germs. It acts like a charm, when magnetized, in all chronic diseases, whether of stomach, kidneys, in ulcerations, loss of vitality, dropsy, or skin complaints. Its action is sure, safe, and almost unlimited in range.

It should be kept as a standard medicine in every house where health is valued. To preserve this mixture for any length of time it must be digested in proof-spirit in quantity. It would require about one pint of spirit for the quantities given in the above formula. It would therefore be best to have the herbs at hand, and prepare a small quantity as required for use. The proportionate quantities can be readily deduced from those given above, which would produce about one quart of mixture.

BLOOD PURIFIER (No. 2).

	oz.
Clivers	1
Yellow Dock Root	1
Avens	1

Boiling water, one pint; made as in previous formula, sweetened to taste.

Dose.—A wineglassful three times a day.

Good for all skin, kidney, stomach, chest, liver, heart, or urinary diseases.

CAMPHOR WATER (for internal use).

Put a piece of gum-camphor into a large stoppered bottle half full of water. Let it stand awhile, and then add more camphor, and again more water, until all the gum is used up. This will take some time, as water will only absorb a certain quantity of camphor.

The water may be taken in doses of from half to one wineglassful; but it should not be indulged in

too frequently, as camphor acts powerfully on the brain.

This is a simple and effective carminative. It is also an antiseptic, and useful where noxious smells have been inhaled.

MIXTURE FOR ERUPTIVE FEVERS, CATARRH, &c.

	oz.
Tincture of Serpentaria	1
Sweet Marjoram	1
Pitcher Plant	1
Virginia Snake Root	1
Glycerine	4
Boiling Water	1½ *pints*

Let the whole stand to macerate 4 days, then strain and add Oil of Cinnamon, 40 drops. An excellent medicine, to be given in dessertspoonful doses in hot water.

Used at the commencement of any fever, smallpox, measles, &c. It cannot be given wrongly in any symptoms of a feverish nature. In sore throat, tightness of chest, running of the nose, &c., give freely, and put the patient to bed at once, to perspire. Should this not break up the threatened disease, it will render it comparatively harmless, if it be taken in time and these directions be carried out.

INFUSION FOR DIARRHŒA.

	oz.
Bayberry	1
Poplar Bark	1

Bruised and infused in a quart of boiling water, is an excellent remedy for diarrhœa.

Dose.—A wineglassful every hour.

FULLER'S-EARTH WATER.

Take two ounces of crude Fuller's earth, and pour

on it two quarts of boiling water; let it stand all night, and pour off the bright clear liquor for use.

Dose.—A wineglassful three times a day.

For internal tumour this has a great reputation, if persevered in for a sufficient length of time.

The refuse at the bottom of the first lot may be agitated, and after standing (to allow the grit to fall to the bottom), pour off the fine upper portion, evaporate the water, and the powder left will be the fine Fuller's earth of the shops.

TO MAKE LIME-WATER.

Take two ounces of unslaked lime, slake it with a little cold water, then pour on two quarts of boiling water; let it stand a few hours, and pour off the clear liquid for use.

From a half to a whole tablespoonful in milk will be found serviceable in dyspepsia, &c. It is an antacid, and antiseptic: kills parasites and worms, and rids the bowels of slimy matter, at the same time stopping looseness.

With Peruvian bark infused into it, it is an excellent aid to digestion.

Most mothers know its value for infants fed from the bottle.

RHEUMATIC ALTERATIVE.

	oz.
Bittersweet	1
Black Snake Root	1
Colchicum Seed	1

Put the three into 16 ounces of liquor composed, in about equal parts, of water, glycerine, and spirits of wine; let the whole stand two or three weeks; strain.

Dose.—One tablespoonful two or three times a day.

COMPOUND TINCTURE OF SENNA.

	oz.
Senna	2
Coriander Seed	1
Jalap	1
Cream of Tartar	1
Spirits of Wine	3 *pts.*
Honey	¾ *lb.*

Let the whole stand for 12 days, then strain off and bottle for use.

A safe and useful laxative if not taken in too large doses.

A teaspoonful will ordinarily be sufficient, or may be repeated until it operates.

SEXUAL INVIGORATOR.

Tinct. St. John's Wort Tinct. Damiana Tinct. Coca Erythroxylon	½*oz.* each
Tinct. Cantharides Tinct. Nux Vomica	¼*oz.* each

Dose.—15 to 20 drops. Take at three, six, and nine o'clock p.m. every day.

TAR-WATER.

Made by stirring two pints of Stockholm tar in a gallon of water, and allowing the grosser portion to settle to the bottom. Strain off the liquor and keep for use.

It is an excellent medicine, stimulant and antiseptic, useful in diabetes, bronchitis, skin and kidney diseases; all ulcers or parasitic affections. It is not, however, very palatable.

SECTION II.—PILLS.

DIGESTIVE PILLS.

Socotrine Aloes	1	*drachm*
Turkey Rhubarb	1	,,
Ipecacuanha	2	*grains*
Ginger	15	,,
Castile Soap	15	,,

Mix, and divide into pills.

Dose.—One or two immediately before or after dinner.

DIURETIC PILLS.

Tincture of Haircap Moss	60	*grains*
Extract of Dandelion	30	,,
Cubeb Powder	30	,,
Solid Copaiba	30	,,

Powdered Liquorice, enough to make a solid paste.

Mix into a doughy mass and roll into pills.

Dose.—Two every night.

FEMALE CORRECTIVE PILLS.

	oz.	
Socatrine Aloes	½	
Gum Myrrh	¼	
Unicorn-root Powder	¼	
Extract Senecia	¼	
Oil Spearmint	5	*drops*

Add water, if not sufficiently liquid to make a paste, and roll into pills.

Dose.—Two, twice a day.

A valuable pill for any female irregularity, whether there is excess or suppression.

INDIGESTION PILLS.

	oz.
Extract of Dandelion	½
Extract of Golden Seal	¼
Gum Myrrh	¼
Powdered Valerian Root	¼
Cayenne (powdered)	1 *drachm*

Mix as before, with Gum Arabic, and add ten drops of Oil of Spearmint.

Dose.—Two at bedtime.

INDIAN PILLS.

	oz.
Extract of Sarsaparilla	½
Turkey Rhubarb	½
Socotrine Aloes	½
Cayenne (powdered)	¼
Circuma	¼
Valerian	1 *drachm*

Gum Arabic enough to form a paste with water.

An excellent pill for removing obstructions in bowels, and giving tone to the system.

The quantities may be proportionately reduced for a smaller number of pills.

NERVE PILLS.

	grains.
Assafœtida Gum	60
Lupulin Powder	30
Extract of Valerian	30
Extract of Gentian	30
Skullcap	30
Peppermint Oil	4 *drops*

Heat the Assafœtida in a vessel, and mix with the other ingredients into pills.

Valuable in all nervous, hypochondriacal, and hysterical diseases, and in sciatica or flatulence. This medicine soothes the nerves, and disposes to sleep.

SPERMATORRHŒA PILLS.

	drops
Tincture Lupulin	150
Tincture Coca Erythroxylon	150
Tincture Jerubabel	80
Gelsemenum	80
Assafœtida Gum	½ *oz.*

Mix with gentle heat until the mass is sufficiently pasty, when make into three-grain pills.

Dose.—One or two every evening.

For stopping nightly emissions and seminal discharges, whether separate and visible, or such as pass mixed in the urine.

These pills strengthen the organs and soothe all unnatural irritations, leaving the sexual functions more vigorous than ever.

NOTE.

Gum Arabic, Gum Myrrh, Gum Assafœtida, Aloes, Treacle, or any glutinous substance that is easily dissolved, will be found useful for the purpose of mixing any pulverized herbs which are nauseous, unpleasant or offensive to the palate :—such as Horehound, Wormwood, Cayenne Pepper, &c. These are very valuable in many diseases, and would be very popular if they were palatable. However, this objection might readily be overcome by making into pills as directed in the various formulæ.

Another mode of taking unpalatable herbs, is to cut open a raisin, take out the seed and most of the pulp, neatly fill with the powdered herb, and swallow whole.

SECTION III.—POWDERS.

AGUE POWDERS (No. 1).

	oz.
Peruvian Bark	2
Wild Cherry Bark	2
Powdered Cinnamon	1
Powdered Cloves	1
Sulphur.....	2
Capsicum	1 *teaspoonful*

Bruise into an impalpable powder, and put the whole into 2 quarts of good port wine, let it stand a while, occasionally shaking it.

Dose.—A wineglassful every 2 or 3 hours, until the chill is broken; it must be well shaken before taken.

This is an excellent cure for ague, as it destroys the disease-germs, and raises the vital forces.

AGUE POWDER (No. 2).

	oz.
Finely Powdered Cinchona Bark	1
,, ,, Cloves	1
,, ,, Cream of Tartar	1

Mix, and take one teaspoonful every two hours in hot or cold water.

BOWEL REMEDY.

A teaspoonful of white mustard, not cooked or crushed, but taken with the food, and swallowed whole, will be found wonderfully efficacious in relieving pains in the bowels, &c. The seed passing into the bowels whole, gives off a principle which is very effective in stopping all pains arising from dyspepsia, &c.

COLIC POWDER.

	oz.
Slippery Elm Bark	1
Sweet Flag	1
Liquorice	½
Sassafras	1
Caraway seeds	½

May be sweetened with glycerine.

DOSE.—A teaspoonful in half a teacup of hot water.

Excellent for colds, colic, inflammation of the bowels or stomach, &c.

COMPOSITION POWDER (No. 1).

	oz.
Pulverized Bayberry Bark	2
,, Ginger.....	1
,, Pinus Canadensis	½
Cloves, Cayenne } each	*2drachms*

Thoroughly mix together.

DOSE.—For an adult, one teaspoonful in hot or cold water, sweetened if preferred.

This is a well-tried medicine, and has been in use many years, with good effect, by Dr. Coffin and others, for pains in the stomach, looseness in the bowels, rheumatic and most other affections caused by cold.

COMPOSITION POWDER (No. 2).

(*Less pungent.*)

	oz.
Finely powdered Wild Thyme.....	1
,, Marjorum	1
,, Saxifrage	1
,, Cinnamon	1
,, Pleurisy Root	1

Dose.—A teaspoonful in the early stage of general colds, disordered stomach, small pox, scarlet fever, or almost any derangement.

CONSUMPTION POWDER.

	oz.
Finely powdered Comfrey	1
,, Mullein	1
,, Elecampane	1

Beat up a dessertspoonful into a paste with a little cold water, and pour on it half a pint of milk, just brought to the boil; let the whole stand ten minutes and drink, leaving the dregs.

To be taken three times a day for consumption or any other wasting disease. It is wonderfully efficacious.

FEMALE POWDERS (No. 1).

	oz.
False Unicorn Root	1
Groundsel	1½
Gum Myrrh	1
Liquorice Root.....	½
Feverfew	1
Powdered Caraway Seed	1

Dose.—One teaspoonful in half a cup of hot water; may be sweetened.

Excellent for female irregularities.

A SIMPLE HEALING POWDER.

An Indian remedy for chaps, galls, and open sores. Dry cow's dung gently burnt over a clear fire, then powdered and sprinkled over the sore.

This remedy, I am assured by a very intelligent and observant lady, is common in India. It effectually cured her children in three days of severe galls in the groins, which had resisted all the remedies that the regimental doctor had applied for several months. I have heard from other sources that it is one of those secret remedies that the natives credit with sacred virtues. It is sufficiently free from danger to deserve a trial.

STOMACHIC POWDER (TONIC) (No. 1).

		oz.	
Finely powdered	White Poplar Bark	1	
,,	Bayberry Bark	1	
,,	Bayberries	1	
,,	Barberry Bark	1	
,,	Balmony	1	
,,	Ginger	1	
,,	Cayenne	1	*drachm*

Thoroughly mix.

Dose.—A teaspoonful in hot water.

Stomach bitters for correcting bile and creating an appetite giving tone to the stomach, bowels, and kidneys, and for removing flatulence, faintness, and general debility.

STOMACHIC POWDER (No. 2).

		oz.
Pulverized	Burnet	2
,,	Bugle	1
,,	Slippery Elm Bark.....	1
,,	White Poplar Bark.....	1
,,	Caraway Seeds	½

Dose.—One tablespoonful, in hot water if preferred.

Another digestive bitter, less pungent, but excellent for acidity or a debilitated weak stomach.

STOMACHIC POWDER (No. 3).

		oz.
Slippery Elm Bark (finely powdered)	.....	1
Gum Arabic	....	1

Beat up the powdered bark in a little water, to prevent lumps; then dissolve the gum in half a pint of boiling water, and, when cold, pour on the powder and mix.

To this add from 20 to 40 drops of Tincture of Myrrh.

Let patient sip this as often as possible.

For pains, irritation, or rawness of stomach or bowels, accompanied by sickness, cramp, &c. It is so comforting, healing and bracing as to have no rival; also for catarrh, small ulceration or eczema of the stomach and bowels.

It is withal, safe, strengthening and nutritious.

SWEATING POWDER.

	oz.
Pleurisy Root	1
Boneset	1
Crawley Root	1
Pennyroyal	1
Skunk Cabbage	1

All powdered fine.

Dose.—Half a teaspoonful in hot water; to be repeated every hour until free perspiration sets in.

Excellent in colds, fevers, pleurisy, influenza, &c.

TEETHING POWDER.

Powdered Borax and Powdered Lump Sugar mixed.

Rub the gums; it gives instant relief.

WORM POWDER (No. 1).

	oz.
Finely-powdered Pumpkin Seed	½
Kamala	½
Pomegranate Root	½

Thoroughly mix.

Dose.—A teaspoonful in lime-water, or any agreeable liquid, such as lemon juice, &c., three times in the afternoon. A dose of compound senna should also be taken on going to bed.

WORM POWDER (No. 2).

CUSSO (*Brayera Anthelmintica*).

A safe and easy remedy for tapeworm. A teaspoonful of the powder, mixed with treacle, three times a day, and a dose of compound senna in the morning, will bring the worm away in a few days.

SECTION IV.

CORDIALS, DIET AND MEDICINAL DRINKS, MEDICINAL SYRUPS, &c.

DIET AND MEDICINAL DRINKS.

These drinks are a pleasant and safe method of preserving the health of a family, and may be cheaply and simply made by observing the following hints.

A few simple directions, with an example, should serve as a guide to their preparation, and pleasantly exercise the ingenuity and judgment of those desirous of adopting this method of preserving their health.

By referring to the section on herbs, the medicinal properties can be easily ascertained, and those should be selected which are most suitable for the particular disease requiring treatment.

A GENERAL SUMMER DRINK.

	oz.
Nettles	2
Dandelion	1
Clivers	2

Boil in one gallon of water 15 minutes, and strain the liquor into—

	oz.
Ground Ginger	1
Cream of Tartar	1

Sweeten with honey or treacle, and, when cool, stir in two tablespoonfuls of brewer's yeast.

Let the whole stand 10 hours, then skim off the yeast, and bottle for use.

The drink will be ready for use in 24 hours.

Be careful that the liquor is not too hot when the yeast is put in, or no fermentation will take place.

MEDICINAL DRINK FOR ECZEMA OR ANY SKIN DISEASE.

	oz.
Yellow Dock Root, bruised	2
Clivers	2
Wood Betony	1

Make and ferment as in the previous case.

DRINK FOR LOSS OF APPETITE AND DEBILITY.

	oz.
Wood Betony	1
Barberry Bark	1
Hops	1

Make like the two previous drinks.

DRINK FOR DIARRHŒA (OR AS INJECTION).

Cranesbill
Bayberry } equal parts
Shepherd's Purse

Dose.—Half a wineglass, as a drink.

A pleasant, agreeable, and astringent drink, which can be used freely, as such, in diarrhœa or administered as an injection.

BLACKBERRY BRANDY FOR DIARRHŒA.

Half fill a wide-necked bottle with ripe blackberries, add two ounces of honey and the thin rind of a lemon, fill the bottle with good brandy, and let the whole stand until wanted. A little nutmeg or clove will be an improvement.

Useful in diarrhœa or relaxed bowels.

IMPROVED GODFREY'S CORDIAL.

	oz.
Caraway Seeds, bruised	1
Sassafras, bruised	1
Aniseed	1
Honey	4
American Valerian	2
Black Oats	4

Water, two quarts.

Boil for thirty minutes, strain, and add one pint spirits of wine.

SYRUP FOR HACKING, IRRITATING COUGH. (No. 1.)

	oz.
Ipecacuanha Syrup	1
Syrup of Tolu	1
Wild Cherry Bark (tincture)	1
Balsam of Peru	1
Essence Peppermint	20 *drops.*

Mix thoroughly.

Dose.— A teaspoonful every four hours.

COUGH SYRUP. (No. 2.)

For coughs, colds, bronchitis, etc., etc.

Thinly slice a white turnip, and place in layers in a glass jar, cover each layer with honey or treacle.

Let the mass stand on the hob, or in the oven, closely covered, until the whole is dissolved into a syrupy mass, removing any pieces of turnip not dissolved. Give half a teaspoonful frequently.

It is of great utility in bronchitis, catarrhs, colds, etc., and is excellent for children as well as very aged persons.

SYRUP FOR COLDS, &c. (No. 3.)

A strong red onion cut in slices, and macerated in the same manner as the turnip, is equally good for colds, catarrhs, and is slightly relaxing to the bowels.

SYRUP FOR WHOOPING COUGH, COLDS, also WORMS, &c. (No. 4.)

Garlic, bruised and macerated with honey or treacle, in the same manner, is one of the very best remedies that can be given to children for whooping cough, catarrh, colds, worms of every kind, and many parasitic diseases.

Dose.—Half a teaspoonful two or three times a day. The taste may be partially disguised by a little caraway seed, aniseed, cinnamon, cloves, peppermint, or other flavouring.

SYRUP FOR CROUP.

Take blood root, crushed, 3 oz.; steep in half a pint of good vinegar, or acetic acid, for about a fortnight; strain, and add to the liquor 1½ pounds of honey or treacle, and gently boil down to two-thirds.

Half-teaspoonful doses will be quite enough, or just sufficient to reach the throat, in croup. This

will destroy the leathery membrane as fast as it forms.

A syrup, made in a similar manner, of golden seal, or burdock, and given afterwards will heal and strengthen the part affected, and greatly assist in destroying the bacteria.

REMEDIES

FOR

External Application.

Part II.

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REMEDIES
FOR
EXTERNAL APPLICATION.

SECTION I.—GARGLES, EMBROCATIONS, LINIMENTS, LOTIONS, AND WASHES.

LINIMENT FOR BED SORES,

White of egg, well beaten up with two tablespoonfuls of brandy.

Paint on with camel-hair brush.

BORAX LOTION.

Borax makes another valuable lotion in the proportion of two tablespoonfuls to every pint of water.

It is also efficacious for vaginal injections or in gonorrhœa ; also for application in itchings in anus (pruritus), or to any inflamed part that needs disinfection.

It is one of the cleanest and most useful of all lotions, besides being cheap.

SPIRITS OF CAMPHOR

Is made by dissolving two ounces of camphor in one pint of proof spirits.

As this preparation evaporates quickly, it is best used as a compress on lint, or other suitable fabric,

single or in layers, the outside layer being of oiled silk, or, what is equally good, oiled muslin, which is about one-fourth the cost.

CAMPHOR-WATER.

This is made as follows :—

Pulverized Camphor	2 *drachms*
Carbonate of Magnesia	½ *ounce*
Spirits of Wine	*a dessertspoonful*

Rub them all together, and pour on, gradually, two pints of *boiling* water; filter for use.

This should never be given internally, as it is very depressing and dangerous to children; while, as an external application, it is innocent and harmless, and very useful.

LOTION FOR CATARRH AND EARACHE.

Tinct. Hydrastis Canadensis (20 drops to one ounce of water), applied to the ear, nose, and throat for catarrh, earache, &c., is very beneficial.

LINIMENT FOR CRAMP.

Equal parts of olive oil and oil of rosemary.
Rub the parts when going to bed.

CROTON OIL LINIMENT.

Croton Oil	1 *drachm*
Olive Oil	½ *ounce*

Mix for use.

Valuable for producing a deep stimulating effect on the internal organs. Applied to the intestines, externally, it will often remove impacted fæces from the colon when internal remedies are of little use. This is effected by absorption. It often gives relief to, and takes away, sciatica by removing the cause.

DIPHTHERIA LINIMENT. (*External application.*)

White Soap	1 *drachm*
Spirits of Turpentine.....	4 *ounces*
Tar Water	4 ,,

Put the whole into a 16-ounce bottle; put the bottle into a saucepan, with a linen rag on the bottom, and gently heat it, occasionally shaking the bottle until the contents are dissolved. It is then ready for use. Be sure to keep the cork loose.

This liniment should be well rubbed into the glands of the ears, throat, &c., and may be used as a compress, but watch its action on the skin. An excellent application in germ diseases.

EYE-WASH (No. 1).

Acetate of Zinc	20 *grains*
Acetate of Morphia	4 ,,
Rose Water.....	4 *ounces*

Bathe the eyes; good for weakness or inflammation.

EYE-WASH (No 2).

Oxide of Zinc	30 *grains*
Rose Water.....	4 *ounces*

Bathe the eyes; cooling and astringent.

EYE-WASH (No. 3).

Hydrastis Canadensis (20 drops in one ounce of cold water) makes a capital application in all cases of inflammation, chronic and acute.

LIME-WATER AS LOTION IN ERYSIPELAS, &c.

Lime-water applied as a lotion to erysipelas and venereal sores, or as an injection in leucorrhœa, is both safe and efficacious.

NOTE.—The mode of preparation is given in Part I., Section I., on decoctions and solutions.

MAGNETIC OIL.

Take trotter oil, and, with gentle heat, impregnate it with phosphorus at the rate of one grain of phosphorus to one ounce of oil.

This is the celebrated phosphorus oil, and will be found of great service in giving tone to the spine and joints. I often use it, and leave it, when magnetized, to be rubbed into the spine and joints during my absence, with good results.

Will be found useful in most diseases, when rubbed into the skin. The crown and back of the head seem singularly susceptible to its influences. Rubbed on the chest, it will often relieve congestion of the lungs, coughs, colds, &c.

GARGLE FOR MOUTH AND THROAT (No. 1).

Strong Sage-tea	1 *pint*
Honey	2 or 3 *oz.*
Borax	1 *oz.*

Make a pint of strong sage-tea; let it stand to infuse, then add two or three ounces of honey, according to taste, and one ounce of borax.

This is a splendid mouth wash, or gargle, for sore throat, thrush, or any affections of the throat. Should be used freely and frequently.

GARGLE FOR MOUTH (No. 2).

Golden Seal, Golden Thread, or Bayberry	2 *ounces* of any one of these
Borax	½ *ounce*
Honey	2 *ounces*

Boiled in one pint of water, is very useful in all inflammations, ulcerations, abrasions of the mouth, &c. Should be used often and freely.

GARGLE FOR MOUTH AND THROAT, AND FOR FŒTID BREATH (No. 3).

Syrup of Squills.....	1 *ounce*
Borax	½ *ounce*
Infusion of Bayberry	½ *pint*

Is very efficacious in all chronic inflammations of the mouth or fauces, also where fetor of the mouth or breath exists; and is useful as a gargle, in all mouth and throat affections.

This may also be used efficaciously as a spray, in catarrh, ulceration of the mucous membrane, &c.

GARGLE FOR THE MOUTH (No. 4).

Borax and tincture of myrrh, in equal proportions.

Is a good preserver of the teeth and gums; and very useful as a gargle, in the beginning of mouth diseases.

It is also an indispensable article for the toilet table.

LINIMENT FOR NEURALGIA AND PAINFUL SWELLINGS.

Methylated Spirit	1	*quart*
	oz.	
Oil of Sassafras	1	
Oil of Hemlock	1	
Oil of Erigeron	1	
Spirits of Turpentine	1	
Chloroform	1	
Balsam of Fir	1	
Oil of Wintergreen	1	
Gum Camphor	1	

Mix well.

This makes a splendid liniment for bruises, neuralgia and every painful swelling.

OX-GALL LOTION.

Methylated Spirits.....	½ *pint*
Camphor	1 *ounce*
Ox Gall	½ *pint*
Laudanum	2 *tablespoonfuls*

Shake well and bottle for use.

This lotion is very useful for bruises, wounds, swellings, sores or inflamed parts.

PAIN KILLER (No. 1).

	oz.
Oil of Spike	1
Oil of Hemlock	2
Oil of Wormwood.....	2
Oil of Origanum	2
Sweet Oil	4
Spirits of Ammonia	2
Gum Camphor	2
Spirits of Turpentine	2
Methylated Spirits of Wine	1 *quart*

Mix well together, and then keep well corked for use.

One of the best liniments for general use. It relieves most pains, used either as a rubefacient, or as a compress.

PAIN KILLER (No. 2).

Spirits of Hartshorn.....	2 *ounces*
Olive Oil	1 *ounce*
Cayenne Pepper	2 *drachms*
Laudanum	2 *drachms*

Mix well together and keep corked for use as in the previous formula.

QUINSY EMBROCATION.

Carbonate of Ammonia	¼ *ounce*
Sulphate of Zinc	½ *ounce*
Camphor	1 *drachm*
Saffron	½ *drachm*
Spirits of Wine	½ *ounce*
Potato Water	1 *pint*

This may also be used as a compress.

LINIMENT FOR RHEUMATISM (No. 1).

Camphor	1 *ounce*
Olive Oil	2 *ounces*

Rub in a mortar, until the camphor is absorbed; it is then ready for use in rheumatism. In nerve depression also, it is very useful and comforting.

LINIMENT FOR RHEUMATISM (No. 2).

Oil of Hemlock, Cajeput or Sassafras in equal parts, mixed together, makes a good liniment for rheumatic pains or inflammation in the joints; gives great relief.

LINIMENT FOR RHEUMATISM (No. 3).

Olive Oil	4 *ounces*
Aqua Ammonia	2 *ounces*
Oil of Capsicum	30 *drops*

Mix together. To be well rubbed in.

Oil of southernwood may be used in the same manner, and will be found very useful in promoting the growth of the hair.

COMPRESS FOR RHEUMATISM.

Acetic Acid	½ *pint*
Saltpetre	½ *pound*
Water.....	1 *pint*

Hot cloths saturated with this liquid, and applied as a compress to inflamed, swollen joints, or to the female breast, to stop the secretion of milk and soften and disperse the swelling. Apply as hot as possible.

PARAFFIN OIL IN RHEUMATISM.

This oil will be found to answer as an excellent liniment, in cases of gout and rheumatic pains. The unpleasant smell may be removed by adding a little frankincense. This oil may also be used as an excipient, remedial ingredients being added to it according to requirements.

RINGWORM LOTION.

	oz.
Nutgalls (bruised)	1
Copperas	1

Put into a bottle with one pint of water, and allow to stand (the longer the better). Touch the ringworm with the liquid several times a day; or, a mixture of powdered camphor and lemon-juice, often applied, will remove ringworm and other parasitic skin affections.

STIMULATING LOTION.

Salt and brandy, externally applied, is, no doubt, an excellent remedy where a stimulant is required.

LINIMENT FOR WHOOPING COUGH.

	oz.
Oil of Amber	1
Rum	1
Bruised Garlic	1
Hartshorn	1

Mix well together.

An excellent liniment to rub into the spine in whooping cough, convulsions, or over the bowels for worms, cramp, &c.

WORMWOOD EMBROCATION.

Cut up wormwood like chaff; fill a wide-necked bottle, and pour on acetic acid or vinegar. Let the whole stand until wanted, the longer the better and stronger.

An excellent application for sore throat, or to excite and strengthen the spine.

NOTE.

Olive oil may be impregnated with the remedial properties of almost any herb, by putting it, chopped fine, into a bottle nearly full of oil, and allowing them to stand in the sun for a few days. The result is a liniment, which will be found useful, according to the judgment with which the herb has been selected, as curative in its properties in regard to the particular disease to be treated. A careful perusal of the section on herbs will, however, easily enable one to make a suitable selection.

SECTION II.—OINTMENTS, SALVES, AND PESSARIES.

BURDOCK OINTMENT.

(*An indispensable household remedy.*)

The roots and leaves of Burdock (*carefully avoiding the seeds, which contain an irritating principle*), bruise both well; and put two ounces of them into an earthen pot with six ounces of lard, or, better still, goose grease. Let the whole stand on the hob, for twelve hours, to macerate, taking care that the fat is never allowed to reach boiling point. After this press out all the fat, which will have absorbed all the goodness out of the quantity of herb used; now replace the fat in the pot, and add a similar supply of the bruised herb, and again macerate, and press out, as before, repeating the process four or five times or oftener. The ointment is then ready for use.

Should a stiff salve be required, a little cocoa-butter or spermaceti may be added; this will do well for making up *Pessaries*, for which purpose, this ointment answers admirably.

These instructions will be found generally useful, in the preparation of all ointments from herbs.

This ointment is, without exception, the most useful, safe, pleasant and non-irritating, which can be applied to internal or external wounds, ulcers, gatherings, piles, sore-eyes, or any eruptions, however longstanding or foul. It has no equal as a remedy for broken chilblains, frost-bites, or chaps. In inveterate sores, which cannot be healed, or which have been poisoned with mercury, this salve is well

worth a trial. It is an antidote to mercury, and, being non-irritant, it may be applied to the most delicate and sensitive parts, without risk. No home should be without it. I have used it, for many years, with unfailing success.

BLACK SALVE.

Olive Oil	1 *pint*
	oz.
Common Resin	½
Beeswax	½
Venice Turpentine	½
Red Lead	2

Mix all together by raising the oil to the boiling point; then gradually add the 2 ounces of red lead, and, while on the fire, keep stirring, that it may not burn; continue boiling, until the mass assumes a dark colour; then remove from the fire, keep stirring, and, as it cools, add about an ounce of pulverized camphor. This makes a good healing salve for ulcers, boils, gatherings, burns, scalds, &c.

It may be spread on linen rag, or wash-leather, and should be changed every twelve hours.

BLOOD-ROOT OINTMENT.

Simmer one ounce of blood-root (bruised) in three ounces of lard.

An excellent remedy for films and cataracts of the eye, as well as sore eyelids.

Put a small piece into the eye three times a day.

It is equally good for putrid wounds.

BORAX OINTMENT.

Rub as much borax, into fresh lard, as it will conveniently take without becoming dry.

This makes a useful general dressing for healing and cleansing sores, &c.

SALVE FOR BUNIONS.

	oz.
Castor Oil	½
Nitrate of Potash	½

Mix thoroughly together and spread the ointment, one-eighth of an inch thick, over the bunion.

The pain will be instantly relieved.

CAMPHOR OINTMENT.

This may be made by heating olive oil, lard, or goose grease, into which, as it cools, gradually stir the powdered camphor.

It is very valuable in inflamed breasts, and also tender breasts.

CHLORAL SALVE.

Chloral Hydrate	1 *drachm*
Camphor	2 *drachm*
Vaseline	1 *ounce*

Mix these thoroughly.

Useful to rub into the spine, and back of the head, in epileptic fits; also in pruritus about anus, fundament, or vulva.

CHLOROFORM SALVE.

	oz.
Chloroform	1
Oil of Mint or Oil of Thyme	1

Mix these.

A portion of this salve should be spread on wash-leather or cotton rag, backed with oilskin, and applied to the painful part.

See that the plaister is large enough.

Good in cases of inflamed swellings and enlarged joints.

EUCALYPTUS PLAISTER.

Eucalyptus Oil	1 *drachm*
Vaseline	1 *ounce*
Iodoform	20 *grains*

A powerful antiseptic, very useful in cancerous sores, &c. Apply as a plaister.

FLUELLIN OINTMENT.

Green Fluellin	½ *lb.*
Lard	½ *lb.*

Bruise, and let the mass simmer, until the herb is crisp; squeeze out the juice, and put in a fresh lot of herbs, then gently simmer all day on the hob, express the oil, and keep for use. This ointment is without equal in canker or ulcers, lupus, all parasitic gatherings and corroding sores.

GOLDEN SEAL OINTMENT.

	oz.
Golden Seal Root	2

Bruise well, and add it to a mixture of:—

	oz.
Methylated Spirits	1
Glycerine	1
Water	1

Let the whole stand in a warm place, closely corked, for a week, then press out all the liquid, and

thoroughly incorporate it with four ounces of lard or cocoa-butter, in a liquid state.

This is one of the best applications possible, for cancerous tumours, ulcers, ringworm, piles, or as pessaries for rectum or vagina; invaluable in gonorrhœa, &c.

ITCH OINTMENT (No. 1).

Calcine in an iron pot :—

Yellow Dock Root	4 *ounces*
Black Hellebore Root	2 *ounces*

Bruise well, and add :—

Lard	1 *lb.*
Soft soap	½ *lb.*

Let the whole simmer gently for six hours, occasionally stirring. Strain, and, when nearly cold, add a teaspoonful of lavender.

Rub the body with it every night, but do not neglect internal remedies.

ITCH OINTMENT (No. 2).

	oz.
Savine	2
Lard	6

Simmer gently for 12 hours, press out all the fat while hot, and add two ounces more savine; let that also simmer another 12 hours; press out and keep for use, to anoint any parts affected with itch, or any other parasitic skin disease, *if the skin be not broken.*

ITCH OINTMENT (No. 3).

	oz.
Powdered Sulphur	2
Crude Sal Ammoniac	½
Lard	6

Bruise, and thoroughly mix in a mortar.

A little perfume may be added.

This ointment, if thoroughly applied, will cure the itch in two days.

MARSH-MALLOW OINTMENT.

Made the same as Burdock Ointment.

It is very cooling and useful in all cases of inflammation, eruptions, &c.

It cleanses, softens, and heals all putrid wounds and ulcerations, but is more effective for that purpose, when mixed with cinnamon.

PILES OINTMENT (No. 1).

Lard, four ounces; Monsul's Perchloride of Iron, one drachm. Thoroughly incorporate these, and bathe the affected parts with cold water; dry them well, and, spreading a small piece of the salve on a bit of linen rag, press well against the parts. It will soon disappear, if the bowels are kept in order, with Cascara Sagrada.

PILES OINTMENT (No. 2).

	oz.
Oil of Horse Chestnuts	1
Lard	3
Wax or Cocoa Butter	1

Dissolve with heat, and thoroughly mix. Apply in similar manner as directed for No. 1.

PILES OINTMENT (No. 3).

	oz.
Celandine	4
Pinus Canadensis	3
Mallows.....	4
Lard	8
Cocoa Butter	1

Bruise the herbs, and simmer in the lard and cocoa-butter for six hours. Strain and add a few drops of essence of mint. Use as directed in the other ointments.

OINTMENT FOR REDUCTION OF SWELLINGS.

Also to give relief in all acute rheumatic pains, lumbago, &c.

	oz.
Lard	4
Wax or Cocoa Butter	1

Melt, and, when nearly cool, stir in essence of peppermint. Rub well into the parts affected.

OINTMENT FOR RINGWORM, SCABBED HEAD, OR MILK CRUST.

Fresh sliced Indian turnip, and sufficient lard ; let the mass simmer, and, when the turnip is crisp, take it out, squeeze and press until you have a strong ointment.

SKIN OINTMENT (No. 1).

	oz.
Lanoline (or, better still, goose fat)	5
Gum Benzoin (finely powdered)	1
White Oxide of Zinc	1

Gently mix over a slow fire, but only heat just sufficiently to mix ; then add glycerine, to make it the consistency required.

A soothing ointment for the skin, making it soft, velvety, and clear, also freeing it from freckles, chafings or irritations.

SKIN OINTMENT (No. 2).

The white of an egg mixed into paste with common salt, is a good dressing for any parasitic skin disease, or for cancers, ulcers, &c.

OINTMENT FOR PUTRID SORES, TETTERS, SCALD HEAD, &c.

	oz.
Fluellin	6
Cinnamon	1
Lard	3

Simmer in the lard for five hours, press and strain. Apply as usual.

OINTMENT FOR DISPERSING SWELLINGS.

	oz.
Stramonium	2
Poke Root	2
Lard	6
Wax	1

Simmer for five hours in the lard and wax. Press and strain; and, when cold, add :—

Muriate of Ammonia	½ *ounce*
Iodoform	1 *drachm*

Mix well, spread on linen rag, and apply.

If it redden the skin, remove, and apply a linseed-meal poultice; and, when the redness disappears, re-apply the ointment,

WHITE-WAX OINTMENT.

	oz.	
White Wax	2	
Spermaceti	1½	
Olive Oil	1	*pint*

Dissolve over a slow fire, keep stirring until cold.

An excellent salve for sore nipples, rough skin, chaps, chafings; or, as an excipient, for any other more powerful remedy.

N.B.—Common shoemakers' wax rubbed or spread on leather, is an excellent application to slight cuts or gatherings; it both draws and heals; is very adhesive, and keeps a slight wound clean, at the same time bringing together the divided skin.

WILD CLARY OINTMENT.

An ointment made from Wild Clary, in the same manner as that from Blood Root, is equally good for removing films from the eyes, and is very cooling, and healing.

Like the Blood Root, it heals inflamed or sore eyelids.

This and the Blood Root ointments, might be used alternately, say weekly.

NOTE.

All kinds of Ointment may be made, according to the methods and general directions given in the various kinds described, especially after the formula for Burdock Ointment.

The basis is lard or fat*, and to it different curative ingredients should be added, either when heated or cold; the mass should then be simmered for a time, and afterwards, while hot, subjected to pressure. The refuse being separated, is rejected, and the infusion of the herb or herbs is repeated a few times. The remedial ingredients are many; such as bayberry, burdock, bitter-sweet, carrots, dock, foxglove, lobelia, poke root, stramonium, spotted

* Goose Grease I find the blandest of all fats, and therefore best adapted for the purpose.

hemlock, and a host of others, all of which have their respective special values and uses, which can be ascertained on reference to the Materia Medica, in which their various properties are described.

Only a little judgment is required in choosing that herb which is best adapted as a remedy for the particular complaint.

Great care must be taken not to overheat the herbs or fat, in the process of maceration.

PESSARIES FOR FALLING OF THE WOMB.

	drachms
Hammamelis	1½
Perchloride of Iron	1
Acetate of Alumina	1
	oz.
Cocoa Butter	2

Incorporate the whole, and mould into pessaries; insert one, morning and evening.

This is one of the best remedies for this troublesome complaint, and, if persevered with for a few weeks, will radically cure, especially if assisted by strengthening uterine tonics, taken internally.

FOR ULCERATION OF THE WOMB.

	drachm.
Extract of Hydrastis	1
,, Bayberry	1
,, Burdock	1
	oz.
Cocoa Butter	2

Incorporate and make into 18 pessaries, and insert one night and morning.

These are wonderfully effective in all ulcerations, internal or external.

If the extracts cannot be obtained the finely powdered herbs will answer; but they must be submitted to gentle heat for about two hours, yet not allowed to attain boiling point.

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The best way to make any of these pessaries or ointments is to put the cocoa butter and powders into a jam pot, cover closely, and immerse the pot up to its middle in boiling water, then let the whole stand and simmer on the hob, occasionally stirring, especially after removing from the hob and when cooling, in order to thoroughly distribute and mix the powders with the cocoa butter.

SECT. III.—POULTICES AND PLAISTERS.

Poultices should be made large, moist (*i.e.* not stiff), and as needed, that they may be quite fresh, and they should never be allowed to become uncomfortably cold, or to get sour.

ALKALINE POULTICE.

Add Bicarbonate of Soda or Potash to the Slippery Elm poultice.

This poultice is very quick in its action, and brings about suppuration very quietly, besides being useful in removing thick or morbid matter.

It should be used with great care, as it causes much pain, and for this reason some soothing anodyne poultice should succeed it. Its draining properties are very efficacious.

ALUM POULTICE.

Beat up enough pulverized alum with the white of a raw egg, to form a paste; apply on a linen rag for chilblains, black eyes, &c.

BRAN POULTICE.

Make a linen bag, the size required, to well cover the affected part, fill it loosely with bran, then either

dip it into hot water, or pour boiling water over it, until thoroughly saturated.

Wring out enough moisture to prevent dripping, and apply.

Remoisten when cold, and apply any number of times.

BREAD AND MILK POULTICE.

A very useful application in old ulcers, sores, &c.

Take stale bread crumbs, cover with milk, and gently boil, stirring the while, until reduced to a soft pulpy mass. Spread this on linen and apply. Renew before cold.

Olive oil or mutton suet may be added.

BREAD AND WATER POULTICE.

In my opinion preferable to the former, for most purposes. Should be made in a similar manner. Some prefer sprinkling a little olive oil on the surface, before applying; but, if the ulceration is very foul, powdered cinnamon, sprinkled thickly, or powdered charcoal mixed with chalk, prevents any tendency to mortification.

CARROT POULTICE.

Boil red carrots until they are soft, then reduce to a pulp, and apply hot in all suppuration cases.

Cold raw carrot poultices are excellent in cuts or fresh wounds.

CHARCOAL POULTICE.

Linseed or Slippery Elm Bark ½ *pound*
Powdered Charcoal .... 2 or 3 *ounces*

Boiling water, enough to make it of sufficient consistency.

It absorbs foul smells, and corrects any tendency to mortification.

CHICKWEED POULTICE.

Bruise chickweed into a pulp, then pour on a little boiling water, and apply hot.

Where there is inflammation or much corruption, it will be found very cooling, cleansing, and healing.

CRANBERRY POULTICE.

Boil until quite soft, then bruise into a pulp, and apply hot.

Good in ulcerations and putrid sores.

EARTH POULTICE.

Take common garden earth (the best is to be had by lifting a turf of grass in a field), and apply cold.

Excellent for bites of animals, stings of insects, or plants.

Applied hot. It is also useful in sprains, weakness, rickets, rheumatic pains, &c.

LINSEED MEAL POULTICE.

Make a basin hot with boiling water; then sprinkle finely powdered linseed meal into the warm bowl; pour boiling water on, and stir briskly until thoroughly incorporated. Add more meal, and then more boiling water, until the quantity required, and proper consistency is obtained.

Spread the mass to the thickness of not less than half an inch on soft linen, large enough, after covering the part affected, to leave a good margin all round.

Small poultices do more harm than good.

Apply as hot as it can be borne, and change frequently.

MARIGOLD POULTICE.

Gently stew the flowers in the oven, with only a little water, until reduced into a slimy pulp; and apply to hard knots, unsightly old scars, small-pox pits, or any disfigurement of the skin, however old.

This is wonderfully efficacious, if persevered with.

MINT POULTICE.

Spearmint or peppermint, bruised into a pulp, and applied cold to the eye or other tender parts, will give instant relief; also in burns, scalds, erysipelas, or any painful inflammation. It removes at once, pains caused by burning with fire.

MUSTARD POULTICE.

May be made of any flour or meal, mixed with mustard in the proportion of three quarters to one quarter, according to the action to be produced, and applied in muslin.

ONION OR GARLIC POULTICE.

Should be made of the red onion or garlic, gently, but well roasted; then remove the skin, crush and apply hot. Some add finely shredded mutton suet, to hold the mass together, but I prefer slippery elm bark.

This poultice is very excellent for children in all catarrhal affections, gatherings in the ear, faceache, glandular swellings, and all kinds of pains.

Garlic bruised and the pulp applied to the soles of the feet, as a poultice, will cure the whooping cough, rid the child of worms, relax spasms; and, applied freely, externally, I fully believe, without causing pain, would prove a specific for most children's complaints, by ridding the system of nearly all kinds of dangerous bacteria.

The objectionable smell might be ignored, when the remedy is made fashionable.

POTATO POULTICE.

Boil a large quantity of potatoes in their skins, without washing. Crush them into pulp, and apply, on a cloth, as hot as possible, to the chest and back, right up to the neck. Cover the chest and back, on removal, with warm flannel, saturated with goose fat.

A most valuable application for the chest and back, in congestion of the lungs, bronchitis, &c.

POTATO POULTICE FOR OPHTHALMIA.

Peel and scrape a raw potato, reduce it to an impalpable pulp, then rub into a paste with olive oil, and apply to the eyes on going to bed. Let it remain on all night, and wash the eyes next morning with lukewarm water.

SALT POULTICE.

Mix white of egg with common salt.

Good in cancer or open cutaneous wounds.

SILVER-WEED POULTICE.

May be made like chickweed poultice. It is cooling, healing, and cleansing, and may be safely applied to all gatherings, old wounds, ulcers, &c.

SLIPPERY ELM BARK POULTICE.

Make and apply as directed for linseed meal. This application is very comforting, bland, and healing, and holds heat and moisture a long time. It is also very adhesive, and therefore valuable as an ingredient in any other poultice for binding it, or for an outside covering, where the volatile properties of some ingredients are to be kept from evaporating or becoming separated, such as bicarbonate of soda or potass, oil of eucalyptus, &c.

N.B.—Mint, thyme, hemlock, croton, cayenne, tar, &c., may respectively be applied by sprinkling on a poultice of slippery elm, according to requirements, and their virtues will have full action.

TAR PLAISTER.

	oz.
Stockholm Tar	6
Burgundy Pitch	3
Spirits of Turpentine	2

Mandrake Root
Poke Root
Blood Root
Indian Turnip
Cayenne
} each 1 *ounce* (in powder).

Melt the pitch in a water bath (like a glue-pot) with the turpentine and tar, then add the powders.

An excellent plaister for the chest, back, &c., in pleurisy, colds, &c.

TURNIP POULTICE.

Prepare like carrot poultice. Very valuable in extreme cases of swollen joints, old and corrupt wounds, &c.

I had a conversation with an old man, turned 80, whose leg was saved from amputation by a turnip poultice, which was applied by a botanist, the night before the operation was to have taken place.

VINEGAR POULTICE.

Soak bread in vinegar, and apply cold, for bruises, excoriations, black eyes, &c.

THE CELEBRATED YEAST POULTICE.

Linseed meal, slippery-elm bark, common flour or any sweet meal that will rise well, without any ingredient that will destroy the microbes. Mix into the proper consistency, with good, fresh brewer's yeast, adding, if too thick, a little tepid water, but on no account o a higher temperature, and then new milk.

This poultice may be made of several ingredients, viz., brewer's yeast and cornflower, with a little sugar added, or, of some or all of the following ingredients:—

Pulverized charcoal, wild indigo, cayenne pepper, slippery-elm bark, carbolic acid, &c.

Some of these ingredients, however, although recommended by the highest authorities, appear to me to be altogether out of place, as I cannot help thinking that the carbolic acid, or even the charcoal, would destroy the active properties of the yeast, and, like hot water, render it useless, by paralyzing the microbes.

It is a great mistake to indiscriminately mix several ingredients together, without regard to their action on each other. Much mischief may be done in this way, and many useful ingredients rendered worthless and mischievous; and, without doubt, this wonderful remedy has suffered greatly from this cause.

All kinds of means have been employed, either to complicate its application or render it useless; but let those troubled with boils, gangrene, &c., make and apply it as here directed, and they will be quite satisfied with its efficacy.

Apply this poultice in the usual manner.

These poultices should not be made too stiff, and should be changed before the fermentation is over; also remember to make them big enough.

NOTE.

All suitable pulverized herbs, seeds, barks, roots, &c., according to their properties, as described in the Materia Medica, can be made up and applied as poultices, or they may be respectively sprinkled on the surface of some other prepared poultice, either to intensify or moderate the effect. Powdered cinnamon, sprinkled on the surface of most poultices, is invaluable in all cases of gangrene or mortification.

SECT. IV.—TOILET AND USEFUL HOUSEHOLD RECIPES.

LOTION FOR BALDNESS.

	oz.
Spirits of Lavender	4
Spirits of Thyme	4
Bayleaves	4
Cloves	$\frac{1}{4}$

Bruise and digest for seven days, press, filter, and add half an ounce of water.

FACE LOTION.

The juice of cucumber, with glycerine rubbed gently over the face, after washing, improves the complexion and softens the skin, removing freckles and redness.

LOTION FOR FRECKLES.

Corrosive Sublimate	5 *grains*
Dilute Muriatic Acid	2 *drachms*
Alcohol	2 *ounces*
Water.....	4 ,,
Rose Water	2 ,,
Glycerine	1 *drachm*

First wash the face with borax soap, then apply the lotion on going to bed, and wash off with soap in the morning.

RESTORATIVE POMADE FOR THE HAIR (No. 1).

Take slippery elm bark, boil it in clean water, and, as the oil rises to the surface, skim it off.

This oil, mixed with a little oil of rosemary, is one of the celebrated patent pomades, largely advertized for restoring hair in bald places. The oil of rosemary, however, has a tendency to turn the hair grey; and, therefore, oil of wormwood, with a little oil of geranium, is preferable.

RESTORATIVE HAIR POMADE (No. 2).

Old leather, burnt and powdered, and mixed with fresh butter, will promote the growth of hair on man or beast.

This ointment will be found useful for dogs, just recovering from the mange.

SALVE FOR CHAPPED HANDS.

Starch and glycerine, make an excellent preparation for chapped hands, rendering them soft, and protecting them from frost, &c.

MOUTH-WASH (No. 1).

Borax and tincture of myrrh, in equal proportion, is a good preserver of the teeth and the gums, and used with ten times the quantity of water, or more, is an excellent daily wash for the mouth.

GARGLE OR MOUTH-WASH (No. 2).

Common Salt	1 *ounce*
Vinegar	½ *pint*

Mix, and add double the quantity of warm water. This is a simple but effective mouth-wash.

BAY RUM.

Oil of Bayleaves	1 *ounce*
Pulverized Muriate of Ammonia	2 ,,
Spirits of Wine	1 *pint*
Methylated Spirit	1 *gallon*
Water	1 ,,

Rub these well together, adding, by degrees, the spirits of wine, then add the methylated spirit.

Let it stand all night, then add the water and a few drops of caramel.

Oil of eucalyptus may also be added, if desired.

This is very useful to bathe the sick.

CAMPHOR MINTHOL OR THYMOL.

Are powerful antiseptics, besides being useful in lotions and ointments.

CASTOR OIL.

The taste of castor oil may be completely disguised by mixing it with a teacupful of salted and peppered beef-tea, or by mixing it with glycerine, and flavouring with caraway, cinnamon, or sassafras water; each and all of which will improve its efficacy.

CHLORIDE OF ZINC

Is another good disinfectant, in the proportion of ten grains to eight ounces of water.

COFFEE.

A cup of strong coffee, on an empty stomach, is a good antidote for chills or ague.

Coffee, sprinkled on a shovelful of hot embers, will destroy the most offensive smells; even musk will yield to this powerful agent.

FRIAR'S BALSAM.

	oz.
Gum Benjamin	1
Gum Borax	1
Balsam of Tolu or Peru	½
Aloes	¼
Sprits of Wine	1½ *pints*

Let all stand and digest for a fortnight; then bottle for use.

MURIATIC ACID, FOR DISINFECTING.

Common salt, as much as can be absorbed by two quarts of water; then add half a pint of oil of vitriol. Stir, and bottle for use.

This should be freely used, to pour over all discharges in contagious or infectious diseases, before throwing them down the closet, as it thoroughly destroys all disease-germs.

PERMANGANATE OF POTASH (*Condy's Fluid*).

Permanganate of Potash	1 *ounce*
Boiling Water	1 *quart*

Destroys disease-germs or putridity. Diluted with water to a violet colour, it is a good and useful wash, or injection for leucorrhœa and gonorrhœa.

SULPHUR.

The fumes of sulphur are very valuable for disinfecting clothes, &c., as they penetrate every portion.

BATHS.

These are almost an indispensable requisite to good health, and should be freely used, not only for cleanliness, but to remove the spent matter, which is often loaded with disease-germs. They also stimulate the capillaries and nerves of the skin, and aërate the blood. Tepid, soft, or alkaline water, is to be preferred. Cold and hot baths are often used, or rather misused, to the danger of the bather. All unpleasant sensations should be avoided, and cold baths should only be indulged in by those sufficiently robust to ensure a reaction.

Sponge baths should be frequently used, in most acute diseases, to keep the pores open, the skin healthy and free from germs; also to diminish heat. Care should be taken to thoroughly dry the skin, afterward, rubbing the body with the naked hand.

In small-pox, scarlet fever, &c., the body should be sponged with olive oil, soap and water, or either acetic acid, diluted, or bay rum, warm. There are some affections where bathing cannot be employed; but, where it can, it is very serviceable.

ALKALINE BATHS.

These are very useful in scaly skin diseases, chronic rheumatism, &c. Prepare with one pound

of common washing soda, to thirty gallons of tepid water.

BRAN BATH.

Prepare with four quarts of bran, and one pound of soda, to thirty gallons of tepid water.

The bran should be rubbed over the skin, instead of soap. This bath is very valuable in all scaly affections of the skin.

NITRO-MURIATIC ACID BATH.

Prepare with half a pound of nitro-muriatic acid, to 30 gallons of tepid water.

Let the patient lie in it for about 30 minutes.

This gives great relief in liver complaints, as the absorption of the acid into the blood acts at once on that organ.

IODINE BATH.

Prepare with 30 gallons of tepid water, adding enough tincture of iodine, to slightly colour the skin.

Remain in from 30 minutes to an hour.

In all parasitic, tubercular, and syphilitic affections, also in all chronic diseases, this bath is very efficacious.

SALT BATHS.

Prepare the iodine bath, and add two pounds of rock salt; or, to every 4 gallons of warm water, add one pound of rock salt.

The skin should be well rubbed with a flesh-brush or coarse towel before the bath is applied, and the muscles well squeezed or massaged. The whole body

may also be sponged with a little hartshorn. Then the entire body, except the scalp, should be immersed in the salt water.

Very efficacious in general debility, locomotor ataxy, &c.

SULPHUR BATH.

Prepare with one pound of washing-soda, and one pound of sulphuret of potassium, added to thirty gallons of water.

Lie immersed, about thirty minutes.

In mercurial, lead, or other metallic poisoning, or in lead colic or lead paralysis, syphilitic and skin diseases, scabies, barber's itch, &c., this bath will be of great service.

MUD BATH.

Prepare with fresh earth (the best is that taken from a field by removing the turf), and mix with warm water, to the consistency of thick mud.

Let the patient lie in the bath from one to three hours, if no inconvenience be felt. The temperature can be kept up, if needed, by adding a hot brick or two.

This bath has no equal for chronic rheumatism; it eliminates noxious matter from the blood, dissolves and draws out morbid deposits, and other poisonous matter; and is invaluable in ague, fever, lead or other poisoning, hydrophobia, syphilitic or cancerous states, and in any chronic disease.

Another bath of great utility in gout, &c., can be made of coal ashes, and will be found on trial to work wonders. The chief objection, namely, the repugnance felt to the trouble and dirt, is easily overcome by a little ingenuity with a simple arrangement

to wash the body after coming out. The result will amply reward the patient for all the inconvenience.

BORAX BATH.

Prepare with one pound of borax, to thirty gallons of warm water.

Of great use in scaly, parasitic and irritable skin diseases.

Borax is a great parasiticide, like sulphur, and should occasionally be used in health, as well as disease, as it forms a very pleasant bath.

BOTANIC BATHS.

EUCALYPTUS, BLOOD-ROOT, GOLDEN SEAL, WORMWOOD, MARSHMALLOW, CHICKWEED, ELDER, BAYBERRY, HAY, or any other bath, to meet every requirement, may be prepared, by boiling or infusing one or two pounds of the herb in water, and then adding the liquor, to about thirty gallons of warm water. It is sometimes of great utility, in irritable skin diseases, to add a pound of starch, or a pound of Scotch glue, to a bath of thirty gallons of water, when medicated with any of the above herbs. It assists to soothe the skin, allay the itching, and also helps to heal eruptions.

VAPOUR BATHS.

This mode of bathing is, undoubtedly, of great importance, and, for general utility, has no rival. Every family should possess one, as it promptly relieves cerebral, lung, and visceral congestion, eliminates noxious matter from the blood, induces a healthy action of the skin, and imparts elasticity and vigour to the system. In colds, congestion of the lungs,

kidneys, liver, spine, &c., it is of great service, and in dropsy, gout, neuralgia, rheumatism, and all fevers will be found invaluable.

They may be medicated, like water baths, by placing the medicament in the boiler, where the steam is generated.

Vapour baths should never be taken directly after eating; they should be accompanied by a good safe botanic stimulant, such as pennyroyal, boneset, pleurisy-root, yarrow, with some diaphoretic, or other herb, in combination, to suit the disease. The patient should remain in the bath from about twenty minutes to an hour, or until he begins to feel faint, in which case he should be at once let out.

The body should be well rubbed, a warm dry shirt put on, and the patient placed in bed for several hours.

The bath is best given at night, in order that the patient may sleep, and the skin become braced by the morning. This gives the best results, with no danger of catching cold or straining the heart, which cold douche or shower baths are likely to do; at least, to many they are decidedly dangerous. Any ingenious man can construct the apparatus for these baths at very little expense, by fixing an $\frac{1}{2}$-inch iron rod to the back of a cane-bottomed chair, and making a ring to place round the neck of the bather, from which should be suspended one or two blankets, or a garment that will form as it were a tent around the patient. Then, by a kettle and flexible tube, pass the steam under the chair, or place a vessel of hot water under the patient's seat, and insert a hot brick to produce steam, having another always ready to take the place of the one as it ceases to give off steam. Another method is to place a spirit lamp, with a kettle of boiling water, under the chair to supply the steam—

an easy and inexpensive contrivance. But to those who are blest with the means, and have a bath-room, a good movable one can be made of wood, with all the necessary appliances, for a few pounds. These baths should not be used during pregnancy or menstruation.

MUSTARD FOOT-BATH.

This is a well-known and very valuable bath in congestion of the head, chest, &c., or in suppression of the menses.

Prepare with a handful of mustard and a quarter of a pound of washing-soda, to a bucket of water, as hot as can be borne. From 15 to 20 minutes is about the time required. The knees and legs should be covered with a flannel or blanket, during bathing.

THE SHOWER BATH.

Although very useful, this bath should be applied with discrimination. Many methods are adopted ; but, as a proper shower bath is not to be had without incurring considerable expense, the simple plan of pouring the water from an ordinary water-can will be found useful.

The water should fall, however, from several feet, and may be alternated with hot or cold, as the case may require. It is, no doubt, better adapted for men, and is of great service where the reaction is sure ; but this consideration must never be overlooked.

THE TURKISH AND RUSSIAN BATHS.

These are, no doubt, of great utility, but are not to be compared, in my opinion, to the vapour bath. To some, they are dangerous, by causing a determination of blood to the head, and the brain is liable to

suffer. They are certainly injurious where there is any obstruction to the circulation, or when the heart or vessels are affected with fatty degeneration, or when the nerve-centres are diseased.

The best part of these baths is, undoubtedly, the shampooing which follows.

THE SITZ-BATH, THE SHALLOW BATH, and many others, are either too well known, or altogether beyond the reach of any but the opulent, and therefore need no description.

THE SPONGE BATH is of such great service, that I cannot conclude this subject without giving it a place; although *last*, it is by no means the *least* useful. In almost every disease, several kinds of sponge baths are deservedly popular. The simple sponging of the body all over every morning, with cold water, is a very healthy practice, some use tepid water: either of these may have a little of the following mixture added, with advantage, as it is very refreshing.

To a quart of spirits of wine, add one teaspoonful of each of the following oils:—lemon, bergamot, lavender, and cinnamon; put a tablepoonful of this mixture into the bath. Another refreshing bath is to add to two gallons of water, half a pint of acetic acid, and a little of the above-mentioned mixture; or, in summer, a little essence of mint: this is most refreshing and bracing to the skin, and will protect the bather from most contagious diseases during the day. It also improves the heart's action, and gives tone to the system.

In hot climates, it is one of the greatest luxuries after a fatiguing day, wonderfully restoring vitality. Vinegar will answer a similar purpose, but not so well, as it clogs the skin.

A FULL DESCRIPTION

OF ALL

Ordinary Diseases,

WITH

INSTRUCTIONS HOW TO TREAT THEM WITH

BOTANIC REMEDIES

AND

MAGNETIC TREATMENT,

INCLUDING

CAREFUL DIRECTIONS FOR THE INFUSION AND ADMINISTRATION OF THE VARIOUS MEDICINES AND TINCTURES.

ORDINARY DISEASES,

WITH

BOTANIC REMEDIES

AND

MAGNETIC TREATMENT.

ABSCESSES.

REMEDY.

Take infusion of swine grass, wood sanicle, clary or sorrel; but, if the patient be in a weakly condition, also give a teaspoonful of powdered mullein, in a tumblerful of scalding milk, three times a day; stir well, and drink, leaving the dregs; or a tablespoonful of fresh brewer's yeast twice a day for three days.

Mix a poultice of powdered slippery elm bark and brewer's yeast, and apply externally, changing twice a day.

The bowels must be kept gently open.

MAGNETIC TREATMENT.

Magnetize the spine, to raise the vital forces; and also point the fingers at the part affected, for about fifteen minutes.

It may be necessary to use pressure and to massage the whole spine.

ACNE.

DIAGNOSIS.

This troublesome and unsightly disease of the skin is induced by various internal and external causes, the discovery and removal of which should be the first and chief aim.

The administration of internal remedies requires some discrimination in this disease; and, in applying these remedies, the predisposing cause should never be lost sight of.

Example.—If caused by indigestion, menstrual derangement, debility, or any local affection, the first aim should be to correct the cause; plenty of fruit and uncooked vegetables should be freely taken. Rain-water should be used for washing, with plenty of good yellow soap: dry with a coarse towel; and apply any of the following lotions:—

REMEDY.

Elder, either leaves, flowers, or bark, but the flowers by preference; the juice of cucumber; hawkweed; loosestrife; pepperwort (or dittander); sowthistle.

Any of these herbs should be steeped in two parts rain-water and one part of glycerine for several days; and the parts affected should be sponged over several times daily, previously washing with water; but never forget to pay strict attention to internal remedies and diet.

A pleasant drink may be made of

	oz.
Yellow Dock-root	2
Clivers	2
Burnet or Balm	2
Bogbean	2
Knapweed	2

To one gallon of water, and boil down to three quarts.

The balm should have the boiling liquor poured on to it, and covered immediately to prevent the volatile oil escaping.

When cool, sweeten with honey or glycerine to taste :—a few caraway seeds, sassafras chips, or the rind of a lemon, will improve the flavour and effect.

This decoction will cleanse the blood, strengthen the stomach, correct the liver, kidneys, bowels, and skin, and wonderfully improve the complexion, if taken three or four times a day, for any length of time.

MAGNETIC TREATMENT.

If the vital forces are low, use considerable friction on the spine ; also make gentle passes over the parts affected. A little discrimination will soon show whether the whole body requires magnetizing.

AGUE, see FEVERS (*Intermittent Fever*).

ALBUS FLUOR (The Whites).

This debilitating disease is so well known, that it needs no description.

REMEDY.

The best treatment is to restore a healthy action to the system by the administration of the following tonic :—

	oz.
Burnet	2
Comfrey	1
Archangel	1

Infused in a pint of boiling water, and sweetened with honey.

Dose.—A wineglassful, three times a day.

Inject :—An infusion of

	oz.	
Sanicle	1	
Raspberry Leaves	2	
Golden Seal Root	½	
Water	1	*quart.*

Made as the other.

N.B.—Raspberry leaves should be used, instead of tea, as a beverage.

AMAUROSIS.

DIAGNOSIS.

Paralysis of the optic nerve or retina. The eyes have almost a natural appearance, but the pupil is generally dilated and motionless. The sight is as if a cloud were before the eyes.

This disease has long been considered incurable by the orthodox system; but the sight has often been completely restored by the following treatment :—

Commence by restoring a healthy action to the system, using such of the simple remedies to be met with in this book, as may be found necessary, from the symptoms the patient may show.

Bathe the eyes in raspberry-leaf tea several times a day, and apply cloths to the back of the head wet with the following lotion :—

Mountain Mint	8	*ounces*
Acetic Acid	1	*pint*
Rain-water	1	,,

Steep for one week, cold.

MAGNETIC TREATMENT.

Each time the compress is removed, seat yourself *behind* the patient ; bring the tips of the fingers of both hands to meet across the forehead, draw them across the eyes, over the temples, down the back of the ears to the nape of the neck, and divide them

across the shoulders, occasionally carrying them down the spine. Alternate this treatment, every few minutes, by vigorous passes down the back; continue this for from fifteen to twenty minutes. Then place the right hand on the back of the head, and the left on the top; let it remain thus for ten minutes, unmoved; then take up a position in front of the patient, and make passes from the top of the head down the face, pointing the tips of the fingers in front of the eyes, and breathing gently down the back of the hand off at the finger-tips, allowing the breath to pinge on to the open eyeballs, as shown in illustration on page 85; then slowly bring the hands off at the chest, or occasionally down the whole body; after which, thoroughly magnetize the insteps of the feet. This should be done on going to bed at night; after which, renew the compress, having previously magnetized it.

AMENORRHŒA, &c.

Numerous treatises have been written on this subject, many of which only tend to puzzle and mystify the ordinary reader, instead of which their sole aim should be to teach the sufferer to assist nature in her efforts to restore any of her suspended functions.

Females in this country, from a sense of false delicacy, have been, and are still, generally neglected and left in ignorance of the most important knowledge; consequently, the doctor has to be consulted on the most trivial matters, and respecting a subject that the patient alone ought to know of and be fully able to attend to.

Why should not woman be able to know and understand herself?

All women should be so instructed in these secret functions of nature as to be able to cope with the troubles peculiar to themselves. Their powers of observation on these subjects are far superior to those of men, and, although opposition may be raised by those whose prejudices or vested interests warp their better judgment, woman, who has the power, should do honour to

herself by emancipating herself from one of the greatest errors of a false civilization.

I feel extreme delicacy in entering upon this subject, further than to recommend those suffering from any form of these troubles to only adopt such measures, and take such medicines, as will assist nature in restoring an equilibrium to the circulation and give vigour and vitality to the system, taking care to remove all causes that are likely to impede restoration to health, both in cases of suppression and excess.

The stomach should receive the first attention; next the circulation; then the kidneys, bowels, &c.; and, after administering those innocent, although powerful remedies we shall give below, proceed to use nature's great restorer, Magnetism.

REMEDY.

Give the following mixture, if for suppression :—

	oz.
Featherfew	1
Germander	1
Garden Arrach	1
Cives	1

Boil in three pints of water, down to a quart :— sweeten with honey to taste.

Dose.—One wine-glassful every two hours until relief is obtained.

If profuse, take :—

	oz.
Comfrey Root	1
White Pond Lily	1
Archangel	2
Black Oats	2
Pirot	1

Boil in three pints of water, and sweeten as before.

Dose.—A wine-glassful, three times a day.

Raspberry-leaf tea should take the place of India or China tea.

An injection of Sanicle, Shepherd's Purse, or Agrimony, made into a common infusion, should be administered twice a day.

MAGNETIC TREATMENT.

Seat the patient on a high stool, and vigorously magnetize the spine, making passes from the top of the head, down the middle of the back, and off at the hips. Continue this from 30 minutes to an hour; and if the case prove obstinate, apply acetic acid to the spine, as described in the case of Paralysis on page 103.

Rub the spine with phosphorus oil half an hour before going to bed every night, and magnetize the whole body, for 30 minutes or longer, from head to foot, after lying down.

ANIMALCULÆ—SKIN DISEASE.

DIAGNOSIS.

Appears in little watery pimples about the arms, breasts, fingers, and back; it is contagious, and may be communicated by very simple means.

It seldom attacks the whole body, but is generally confined to some of the before-mentioned parts, causing intense itching, when near the fire or when warm in bed.

REMEDY.

Take Sanguinaria (Bloodroot) eight ounces, bruise, and put into a wide-necked bottle; pour on one pint of acetic acid, and one pint of water.

Let them macerate for several days; then sponge the body all over, three or four times a day, especially the parts affected: if the Bloodroot cannot be procured, use Wormwood, Southernwood, Ivy Leaves, or Savine; macerated in the same manner.

Take Bogbean, Sanicle, and Pennyroyal tea until a cure is effected.

APOPLEXY.

DIAGNOSIS.

Is frequently indicated by many or all of the following symptoms:—Headache, giddiness (especially upon stooping), fulness and sensible pulsation of the blood-vessels of the head, retinal hæmorrhage, heavy snoring, sleepiness, deafness, singing noises in the ears, transient cloudiness of vision, difference in the size of the pupils of the eyes, momentary loss of consciousness, speech affected, pricking and tingling sensations in the hands and feet, flashes in the eyes, twitchings of the muscles, particularly the face, neck, and arms, unsteady walk, and floating specks before the eyes.

Any of these symptoms becoming worse should be a warning to take precautions to ward off this dangerous enemy.

Search carefully for the cause, whether it occurs through indigestion, suppression of any of nature's functions, intemperance, mental strain, passions, congestion, excessive eating, diseases of the heart, kidneys, or, what is the most frequent cause, diseased blood-vessels, common to advanced age and facilitated by excessive smoking, causing ossification of the heart and arteries.

Apoplexy is easily distinguished from epilepsy, as the latter is attended with convulsions, begins with a scream and frothing of the mouth, &c.; but as our treatment in this, as in all similar states, is almost the same, it is only necessary that quick and energetic measures should be taken.

REMEDY.

You cannot do wrong by following this system without fear; but, before mapping out the method of treatment for an extreme case, I will offer a few hints how to prevent an attack by combating the earlier symptoms.

First, I would strongly recommend strict moderation in eating and drinking; refrain from excessive mental and physical exertion, sudden changes of temperature, either in hot or cold baths (tepid baths only should be taken); fits of temper should be strictly guarded against, also all vital emotions; avoid the hot sun, or any influence that tends to produce oppression or languor.

The diet should be light, nourishing, and chiefly well-cooked vegetables; milk, fish, rice, whole meal of barley, wheat, and oats, lentils, &c.; but raw vegetables and fruit, in preference to anything else. If one-half the attention were paid to finding out what food is most suitable to individual health, according to the avocations, that is usually given to fashion, the problem would be easily solved.

For an extreme case, apply hot bottles or bricks to the patient's feet and calves of the legs, or immerse them in hot water. See that all belts and buttons are undone, and perfect freedom given to the circulation.

Give an enema of strong infusion of wormwood and camomile, blood heat. Administer a strong tea of pennyroyal, mountain mint, spearmint, or catmint, as hot as it can be taken, and in as large a quantity as can be accommodated.

MAGNETIC TREATMENT.

Place the left hand on the stomach, and, with the right, make quick vigorous passes, with as much pressure as you can command, from the back of the head, down the spine, and off the haunches, for a few minutes. Let the hand go well on each side of the spine, and sometimes, off at the arms, also, at times, down the legs, pressing hard on the calves and ankles: the calves of the legs should have a few smart slaps with the open hand, as hard as can be given without causing abrasion.

Then place the patient in a convenient position, and draw both hands down the whole body from head to feet; the hands should be placed opposite each other, one on the back and the other on the chest, varying according to circumstances. Continue

these passes until you have covered the whole body, or you are exhausted. These passes should be made in close contact, and with much energy and will.

After you are exhausted, rest a while. Drink a tumblerful of hot water, and, when you feel your energy returned, make gentle passes from the top of the head and down the whole body, back and front, off at the feet and hands.

After the fit, care must be taken to prevent a second attack, by plenty of healthful exercise, strict attention to the calls of nature, sponging the body all over with dilute acetic acid; but, what is of most vital importance, magnetize twice or three times a week, or oftener, if convenient.

ASTHMA.

DIAGNOSIS.

A spasmodic disease, unaccompanied with fever, often periodic, attended with great difficulty of breathing, whee zing sense of suffocation, small feeble pulse, the lungs seem distended and the air stagnant in the cells. The paroxysm lasts from one to three hours, sometimes longer, threatening suffocation on lying down, with other distressing symptoms.

REMEDY.

Give the following medicine, in teaspoonful doses, in a little hot water, every hour.

	oz.
Thyme	1
Honeysuckle	½
Catnep	1
Heartsease	1

Broken up small, and simmered in two pints of water and five ounces of glycerine, with a little liquorice-root; strain, and bottle for use.

Or the following :—

	oz.
Conc. Tinct. Avena Sativa	1
Tinct. Butterburr	1
Summer Savory	1
Wind Marjoram	1
Liquorice	¼

Dose. One tea-spoonful to be taken every 2 hours, or oftener, when the paroxysms are on.

A cup of hot strong coffee, will sometimes ward off an attack. To smoke cigarettes made of stramonium, aniseed, and cubebs, will often give relief, and facilitate a cure.

MAGNETIC TREATMENT.

Breathe vigorously between the shoulders, in close contact, through two or three thicknesses of flannel, until relief is obtained, which will often be in from ten to fifteen minutes; then make gentle passes, with the right hand, from the top of the head down to the bottom of the spine, placing the left hand on the pit of the stomach, for about fifteen minutes. The patient should then be able to breathe freely, in a reclining position. Then make long passes from the forehead down the whole body, off at the feet and hands.

Continue this until the patient falls asleep, or the operator is exhausted; if the case is severe, continue this treatment every day, until marked improvement is made.

BALDNESS.

REMEDY.

Dilute a few drops of Condy's Fluid in water, so as not to discolour the skin, and wash the head every day.

This will often restore the hair to the bald parts; or sponge the head with equal parts of Acetic acid and water, every morning.

A continuance of this practice will not only restore the hair, but protect from infectious and contagious diseases, and prove very refreshing.

Another very good method is to boil Slippery Elm Bark and Bay-leaves in water; skim off the fat that will rise to the surface, and anoint the bald parts.

BARBER'S ITCH.

DIAGNOSIS.

A parasitical disease, causing great inconvenience and disfigurement; may be transmitted by contact, and is often very bad to cure.

REMEDY.

Pellitory-of-the-wall,
Sanicle,
Bogbean, and
Yellow dock root } equal parts.

Make into a strong tea, with boiling water, and sweeten with honey.

Dose.—A wine-glass full three times a day.

Make a salve of savine and lard, or Eucalyptus leaves, and apply externally; after which, use Burdock ointment.

BED SORES.

REMEDY.

Glycerine and Cream rubbed gently on the sores, also, an ointment made of Knapweed, or Pinus Canadensis, or Burdock; or, wash with Tinct. Hamamelis.

Gently wash every day with tepid rain-water.

Cleanliness should be strictly observed.

BEE-STINGS (see Stings of Insects).

BLACK EYE.

REMEDY.

Bathe with dilute Tinct. hamamelis, after thoroughly fomenting, for half an hour, with a strong hot infusion of pennyroyal or pepperwort; or, if not predisposed to erysipelas, arnica.

MAGNETIC TREATMENT.

Magnetize the part by gently stroking with the tips of the fingers, without contact, until the extravasated blood is dispersed.

BLOODY FLUX (DYSENTERY).

REMEDY.

This disease should be treated in the same manner as cholera; and the same medicine will be found admirable.

Yussef Dana seeds (*Plantago Isphagala*) are an invaluable remedy; one teaspoonful should be scalded; and, when they appear as a mass of gelatine, pour off the water and swallow the seeds.

Repeat three times a day, if severe: two doses a day are generally sufficient. These seeds should be taken fasting.

I am assured by a lady, who has spent thirty years in India, that she never failed to cure any case that came under her notice with this remedy, in that trying climate; but the cholera mixture will, no doubt, prove all that is required.

BLEEDING OF THE NOSE AND MOUTH.

REMEDY.

Apply a cold compress to the nape of the neck.

Give a strong tea of silver-weed, crane's bill, common nettle, and pennyroyal.

Dose.—One teaspoonful every ten minutes.

Also :—Tinct Hamamelis, or Tinct. Ipecacuanha, three to five drops in a tablespoonful of water, every two or three hours, is very efficacious.

MAGNETIC TREATMENT.

Magnetize the whole body to restore an equilibrium. If the case is obstinate, rub the arms and legs briskly; and apply hot bricks to the feet and calves of the legs, as in apoplexy, but chiefly depend on magnetism as your sheet anchor.

BOWELS—FALLING.

DIAGNOSIS.

Is generally caused by a weak and relaxed state of the body, purging or violent straining.

Children and elderly persons are most subject to this complaint, also young shop-people who are victims to the cruel system of standing long, weary hours, without being allowed to rest the spine for a few moments. This state of things might very easily be remedied, without loss to the employer, and prove of infinite benefit to the health of the employee.

REMEDY.

The patient should lie on the back, place one hand on the navel, and press gently downward; then with the other hand, force up the protruding bowel. If any inflammation or swelling has taken place, use a warm wash of tormentil-root and common mallow; let the fingers be well lubricated with burdock ointment when putting back the bowel.

Give the following decoction :—

	oz.
White Poplar Bark	1
Knapweed	2
Bayberry Bark	1
Mullein	2
Water	3*pints*

Boil 20 minutes, and sweeten with glycerine.

Dose.—A wineglassful three times a day.

Wear a bandage for some time afterwards, or a thin flannel belt, which should come well under the groin, and bear the weight of the bowels when walking.

MAGNETIC TREATMENT.

Well magnetize the bottom of the spine, and the back of the head ; and apply acetic acid to the spine, as before directed.

BOWELS, SPASM IN THE (see *Colic*).

BREASTS—GATHERED (see *Gathered Breasts*).

BREATH—OFFENSIVE.

DIAGNOSIS.

May arise from many causes, such as disordered stomach, mercurial medicines, decayed teeth, &c.

REMEDY.

No safer or more effective medicine can be used for this purpose than Tincture Hydrastis Canadensis (Golden Seal).

Dose.—A tea-spoonful in a wine-glassful of water, used as a gargle, allowing a little to trickle down the throat, and well rinse the mouth and teeth. This, if used freely, will also give tone to the stomach; it will cure all gum-boils, toothache, and, for this purpose, should be used full strength, but in a small quantity.

It preserves the teeth from decay, although it does not improve the colour.

If the stomach be foul, give an infusion of

Burnet,
Bayberry Bark,
Mountain Flax,
} equal parts.

Sweetened to taste with glycerine or honey.

BRIGHT'S DISEASE.

DIAGNOSIS.

A peculiar condition of the kidneys, taking several forms of acute and chronic disease in these organs.

Chronic derangement of the stomach seems to be the chief agent in this, as in many other diseases, although other causes contribute; yet, some defect in the assimilation of food appears to be the chief cause. I base this assertion on close observation, having had very favourable opportunities of studying the action of different foods, drinks, and medicines in this disease, and I can come to no other conclusion, as I invariably find it accompanied by derangement of the stomach, and, in all cases, have traced such derangement to have existed long before the other symptoms.

REMEDY.

I have found, in treating this disease, that, in all cases, by first correcting the stomach, success has crowned my efforts; once the stomach is restored, all symptoms of this so-called incurable disease, will disappear, unless it has gone too far.

My first care is to set up a healthy action in the spine and nerve-centres, by thoroughly applying acetic acid as directed.

Give the following medicines:—

	oz.	
Kidney wort	2	
Burnet	3	
Liverwort	2	
Bugle	1	
Glycerine	8	
Water	1	*qrt.*

To alternate with—

	oz.	
Wild thyme	2	
White poplar bark	2	
Buchu leaves	1	
Wind marjoram	2	
Glycerine	8	
Water	1	*qrt.*

Boil each lot for 5 minutes; strain, and bottle for use.

Dose.—A tablespoonful after every meal, alternately.

Diet:—Gluten bread, bran bread or cakes, or ground almonds made into bread with eggs or slippery elm bark, finely powdered, but no fancy white stuff, and the simplest and most nutritious food: all soups should be thickened with finely powdered bran or Chapman's wheat-meal flour, fresh meat, fish, no shell-fish except oysters, cod's liver, raw eggs, milk with a little rum, cocoa nibs, or tea of raspberry leaves, instead of tea or coffee, but all alterations in food should be watched; and, if any signs of indigestion appear, that which produces these symptoms should be discontinued.

The thirst may be quenched with skimmed milk *ad libitum;* if acidity occurs, add to the milk an infusion of spearmint or burnet, and a little salt or rice powder boiled.

All food and drink should be given hot.

Moderate exercise should be taken, or anything that promotes gentle perspiration, warm baths included; or the body may be sponged all over with acetic acid, diluted half water, every morning.

Magnetize the whole body in the evening, paying most attention to the kidneys, stomach, and spinal column.

BRONCHITIS.

DIAGNOSIS.

Inflammation of the mucous membrane of the air tubes of the lungs. Aged persons are most subject to this dangerous disease, although it afflicts persons of all ages. The symptoms are severe dry cough; hurried, laboured breathing; soreness of the chest; hoarseness; headache, with fever, lassitude, and anxiety,

afterward frothy, viscid expectorations, sometimes streaked with blood; pulse weak, urine scanty and high coloured, heat of body, often over 100° Fahr. ; phlegm becomes yellow, *never brown.* Ordinary colds, neglected, are often the precursor of this disease which carries off thousands every year.

REMEDY.

Bronchitis should be treated, at its first appearance, with great care and attention. The following mixture will prove equally valuable for this trouble, as well as in all coughs, colds, hoarseness, &c., and should be prepared at leisure, and kept for use, when wanted, not only for home consumption, but for distribution to poor neighbours.

	oz.
Thyme	1
Heartsease	1
Pellitory-of-the-wall	1
Burnet	2
Mint	1
Sanicle	1
Extract of Liquorice	¼
Glycerine	8
Rain-water	3 *pts.*

Boil all, but the mint, thyme, and glycerine, down to two pints.

Pour the boiling liquor on to the mint, thyme, and glycerine, cover over, and let it stand for 24 hours then strain and bottle for use. Thoroughly press the juice from the herbs.

Dose.—One teaspoonful every half-hour, if necessary.

Gargle the throat with knapweed tea.

Make a drink of balm, which may be taken freely, hot or cold, as it will induce perspiration, assisted by hot bricks to the feet and calves.

ACCESSORY :—Eucalyptus-leaves boiled in a bronchitis kettle, and the steam inhaled freely, will invariably give relief in less than ten minutes.

MAGNETIC TREATMENT.

Magnetize the spine and chest; and if breathing is difficult, breathe between the shoulders; after which, place one hand between the shoulders and the other on the chest.

BUNIONS.

DIAGNOSIS.

An enlargement of the joint of the big toe, or sometimes of any of the toes. Generally caused by pressure on the part, or by a badly cured injury, which causes a deposit, and, consequently, an enlarged joint, which is liable to inflammatory symptoms at any time.

REMEDY.

First remove the cause by wearing properly shaped shoes, well ventilated at the ankles, and those who can afford it should have several pairs made on different lasts, and change them daily, in order that they may take a fresh bearing on the foot. Bunions will never form without pressure; and when already formed, Tinct. Veratrum Vir, painted on, is rapidly curative; or the Russian corn-cure, as sold, ready for use, at any chemist's, will generally cure.

If much inflamed, a poultice of common mallow or chickweed, will give relief, without breaking the skin.

BURNS AND SCALDS.

REMEDY.

Great suffering, and often death, may be prevented, in cases of burns and scalds, by using, as soon as possible after the accident, the following remedy, which I have used, with never failing success, for forty years. Take essence of either spear-mint or pepper-

mint; not the oil, or what is known as mint-water, but the *essence*, which may be had of any respectable chemist.

It will keep for an indefinite period, if well corked and sealed, and should be labelled, with full directions for use, and kept ready in every house. When such an accident occurs, sprinkle the essence freely upon the burnt or scalded place, and leave it uncovered to the free action of the atmosphere. The pain ceases at once, but in five or ten minutes the burning sensation returns, then sprinkle again with the same result. It may be necessary to repeat this several times, according to the severity of the injury; but the remedy soon conquers, and, if applied soon after the accident, no blister or mark should be seen the next day; in fact, in ordinary burns and scalds, the trouble should be over in thirty minutes from the first application.

If the skin is broken, it may be necessary to apply a poultice of common mallow or chickweed or slippery-elm bark, or of Burdock ointment.

MAGNETIC TREATMENT.

Magnetize the parts affected, and the legs from the knees off at the toes, to prevent the nervous system suffering from excitement. If the injuries are extensive, magnetize the whole body from head to foot.

Keep the patient from inhaling the fumes of the peppermint, as they may act as an anæsthetic on highly nervous subjects.

CANCER.

DIAGNOSIS.

This disease has long been considered hereditary, but that opinion is unsupported by any real evidence. No doubt there

are certain unhealthy habits and objectionable customs which tend to establish a predisposition to this, as well as to other diseases, and, which may be transmitted from parent to offspring, by example. This cause, no doubt, may develop a constitutional state favourable to this disease, or, there may be certain taints inherited from parents, or else introduced into the system by vaccination. When such taints are known or suspected, more than ordinary care and attention to cleanliness and a simple mode of life is necessary, avoiding all mercurial or other mineral treatment; and these simple precautions will often prove a sufficient safeguard.

In its early stages, cancer progresses slowly. There is a movable hard tumour, like a marble, causing slight uneasiness in the part, although there is no inflammation. It becomes hard and knotty to the touch, as it increases in size, a darting, burning pain is felt, and the part becomes attached to the skin all round. In due course, a discharge of acrid and offensive matter takes place, inflaming those parts with which it comes in contact. The cancer then spreads rapidly; and, if not checked, reduces the patient so low as to terminate fatally.

REMEDY.

At the first appearance of any symptoms, the following compound, if persevered with, will effectually remove all impurities from the system.

	oz.
Yellow dock-root	1
Bittersweet	1
Bayberry bark	1
Wood betony	1
Burdock	1
Water, ...	2 *quarts*

Boil down to three pints.

Dose.—A wineglassful, two or three times a day.

When the cancer emits an offensive odour, mix pulverized charcoal and yeast, or slippery elm bark and yeast, put them into a muslin bag, and apply as a poultice to absorb the offensive virus.

Spotted hemlock, bruised, and applied in the same manner, is also a good remedy; but should be carefully labelled, as it is very poisonous. A poultice made of clary and ground ivy, or bugle and burdock, or sanicle and red clover, clivers, blue flag, golden seal, any of the above, in combination or separate, are some of the best applications for external use.

MAGNETIC TREATMENT.

Magnetize the spine, and pay particular attention to the nerve-centre governing the part affected; and remove the congestion, by applying acetic acid to the spine. Then pass the hand down the spine, several inches from contact, drawing it gently across the affected part, and off at the nearest outlet. After repeating these passes for about ten minutes, point your fingers at the place for a considerable time.

If the tumour be not broken, seat yourself and the patient as comfortably as possible, make a few passes as directed, point your fingers at the tumour for from thirty minutes to an hour; then make a few passes from the tumour to the nearest outlet. It is very necessary that you wash your hands occasionally in clean water, whilst magnetizing. The cancer, when broken, should be washed in tepid water three, times a day.

The food should be simple and natural.

CATARRH OR INFLUENZA.

DIAGNOSIS.

This troublesome and painful disease, if not properly cured, often becomes chronic, or leaves behind ulcerations which are difficult to cure.

It is an epidemic disease, and is, sometimes, very prevalent. It is attended with fever, lassitude, thirst, pains, hoarseness, cough, difficulty of breathing, &c.

REMEDY.

At the commencement, treat this as a common cold: 20 drops of tincture of blood-root (sanguinaria) or the same quantity Pinus Canadensis.

Put, with a wineglass of cold water into a spray-producer, and spray the mouth, nose, and eyes very often.

After the first day or two take a similar quantity of Hydrastis Canadensis (tincture of golden seal), and use it in the spray-producer in a similar manner. It is better to alternate these remedies each day, Draw the spray well up the nose and down the throat. Keep the bowels gently open, and take the following, three times a day:—

	oz.
Balm	2
Mullein	1
Kidney Wort	1
Vervain	½
Boiling water	3 *pts.*

Add the rind of a lemon, and sweeten with treacle, glycerine, or honey, to taste.

Drink this either hot or cold.

MAGNETIC TREATMENT.

The same as for a common cold.

CHICKEN-POX.

DIAGNOSIS.

The eruption in this disease often makes its appearance without any premonitory symptoms; at other times, with symptoms very similar to those of small-pox, but differing in intensity. Headache, difficulty of breathing, thirst, with febrile symptoms, for three or four days before the eruption (which closely resembles small-pox) appears on the face, neck, and body. The difference is, that whereas the pustules in small pox have flat depressed centres, the chicken-pock remains globular, or pointed in the centre, and, about

the second or third day, becomes filled with a watery fluid which never becomes yellow as in small-pox. These watery eruptions dry up on the third or fourth day, and form scales which peel off, leaving no mark behind.

REMEDY.

A wholesome gruel or milk diet, with plenty of balm tea, to be drunk without restraint. Avoid exposing the patient too soon to cold; supply the room with fresh air, filtered through two thicknesses of muslin curtains drawn close. Fumigate the room with burnt coffee or acetic acid, in which a handful of garden thyme has been immersed. No better disinfectant for purifying the atmosphere could be kept in the room than this acid.

Administer the following infusion, freely, at the commencement:

	oz.	
Marigold Flowers	1	
Pennyroyal	1	
Yellow Dock-root	1	
Extract of Butternut	¼	
Parsley Root.....	2	
Boiling water	1	*qrt.*

Sweeten to taste with honey.

Dose.—One tablespoonful every hour, until the eruption is fairly out, then, three or four times a day until convalescent.

This will be found to be all that is needed, except that the body may be sponged all over with acetic acid diluted, and pleasantly warm; but this should not be done until the eruption is fairly dead.

CHILBLAINS.

DIAGNOSIS.

This painful inflammation is often caused by want of vitality; hence much good can be effected by rousing the torpid spine to

vigorous action; this may be done by well rubbing it every night with phosphor oil. Massage is also useful.

REMEDY.

Apply Burdock ointment to the chilblain, which will, at once, allay irritation, and heal without a scar.

Give internally—

Avena sativa	1 *oz.*
Tincture of lily-of-the-valley	2 *drs.*
Hydrastis Canadensis	1 *dr.*

Dose.—30 drops in hot water.

Cracks in the skin, and chaps of the worst kind are easily cured by the free use of Burdock ointment.

CHLOROSIS (see *Green Sickness*).

CHOLERA—ASIATIC.

DIAGNOSIS.

The terror and desolation spread among the human family by this visitation is unequalled by that of any other disease of the present day.

Without any apparent indications, people in robust health appear as liable to an attack, and as readily succumb, as the weak and debilitated. In its malignant form, it is characterized by frequent discharges from the stomach and bowels a of watery fluid, somewhat resembling rice-water; spasmodic pains in the bowels, cold sweats, coldness of the surface of the whole body, the lips and finger-nails turned blue; the face contracts; the stomach becomes painfully hot, cramp running up the legs and arms; the action of the heart and respiration rapidly diminish; the bile and urine become suppressed; and the patient, amidst the most acute suffering, retains consciousness to the last.

So much has been written on the cause and history of this terrible plague, that I shall not trouble the reader with any of these particulars, but give what I consider the best and safest mode of combating this horrible disease.

REMEDY.

When the first symptoms make their appearance, give a teaspoonful of the following mixture, in about

double its quantity of very hot water, if procurable, but administer it in cold, rather than delay :—

	oz.
Strong tincture of wormwood	1
Concentrated tinct. of Avena sativa	1
Strong tincture of bugle	2
Strong tincture of burnet	3
Syrup of eucalyptus (Australian red gum)	2
Essence of peppermint	¼

In half an hour, give another teaspoonful dose in a similar manner. This, in ordinary cases, if taken in time, will be sufficient; but, at the slightest sign of a relapse, repeat the dose two or three times, according to symptoms.

In further advanced or confirmed cases, give the medicine as follows :—The first dose as indicated, then the second dose fifteen mintues after, repeating the dose every twenty or thirty minutes, until the symptoms take a favourable turn.

This mixture should be kept in every house, ready for use, as it is equally good for all forms of relaxed bowel troubles, and does not permanently constipate. It is also completely free from poisons.

Rub the patient's spine with acetic acid, until the blood shows on the surface of the skin, or, until the skin turns very red; also rub the legs and arms and then the whole of the body, with the acid. Have a bucket of very hot water ready, and when the acid induces the blood to the surface, as described, or causes smarting of the skin, wring some coarse flannels out of the hot water, and place them on the spine and stomach. Draw the naked hands down the legs and arms, with vigour and considerable pressure; then put hot bricks to the

feet and calves of legs, wrapping them in wet flannels sprinkled with the acid. Cover the patient with plenty of blankets, &c., and renew the bricks, until perspiration is profuse.

Give, after the patient is out of danger, gruel made of rice flour, with a teaspoonful each of powdered comfrey, mullein, and slippery elm bark; or powdered marsh mallows, burdock-root, and cinnamon.

A tea, made of raspberry leaves and common oats, makes a good drink; or a weak decoction of bugle, catnep, and burnet, sweetened with glycerine to taste; or wild thyme, pellitory-of-the-wall, wood betony and balm.

Any one of these beverages should be taken, when thirsty, for several days, to cleanse the blood, and carry off, through the kidneys, all poisonous matter that might otherwise lurk in the system.

MAGNETIC TREATMENT.

Make passes from head to feet, until the patient falls asleep, or the operator is exhausted. Renew the passes as soon as the operator's vitality returns, until all danger is passed.

Continue the magnetism daily until thoroughly convalescent.

PRECAUTIONS.

Be very careful to disinfect, with strong muriatic acid, all excrements, before throwing them down the closet, as, by that means, you will more thoroughly stamp out the disease. Take the necessary precaution in this, as in all contagious and infectious diseases. One of the best disinfectants, which should be used freely (even a little in all water used in washing), and placed about the rooms in saucers, is acetic acid, in which wormwood, southernwood, or thyme has been steeped.

COLDS.

DIAGNOSIS.

Colds arise from an obstruction of one or more of the chief drains of the body, and are often, when neglected, the cause of serious troubles, sending thousands to an untimely grave.

It is a great mistake to suppose that a cold will wear off gradually, or run a certain course. There is no doubt, that in a few cases, where the nerve vitality is very great, such phenomena may happen; but it is of rare occurrence, and should never be relied upon. All colds should be looked upon with a certain amount of alarm, and combated in their first stage.

REMEDY.

As soon as the patient notices the symptoms of having caught cold, administer from 25 to 35 drops of avena sativa in a wineglass of balm and pellitory-of-the-wall tea, as hot as can be taken, every hour or two.

Two or three doses will generally suffice to stimulate the nervous system and kidneys, opening any obstruction of the skin, &c., and by that means throwing off any accumulation, at the same time protecting the lungs and throat from inflammation, and restoring an equilibrium to the circulation of both nerve aura and blood.

If, however, these precautions have been neglected, and inflammatory and feverish symptoms set in, go to bed, put a hot brick wrapped in a cloth wet with vinegar or, better still, dilute acetic acid, to the feet, and give a pint of tea, made from yarrow and penny-royal.

Get a good sweat, and, next day, sponge the body all over with acetic acid, in which a few cayenne pods have been steeped, and take the following tonic :—

	oz.
White poplar bark	1
Sanicle.....	1
Thyme	1
Boiling water	1 *qt.*

Sweeten with honey or glycerine to taste.

Dose.—A wineglassful, three times a day.

If convenient, get magnetized, as nothing will so soon restore an equilibrium, and give the required vitality.

By this means, you may completely dispose of a dangerous cold in a few hours.

These remedies are also applicable to cases of fever, malaria, &c., and, as they are perfectly harmless, may be used with entire safety.

COLICS—SPASM OF THE BOWELS.

DIAGNOSIS.

This painful disease is often caused by errors of diet, indigestible sour fruit, &c.; but sometimes occurs through cold, worms, constipation, or a relaxed state of the bowls.

Griping, twisting, spasmodic, paroxysms of pain occur; the sufferer doubles up, and sometimes rolls on the floor. The lower bowels seem contracted and empty, and the upper distended with gas.

There are several kinds of colic, viz., hysterical, flatulent, bilious, and painter's.

PAINTER'S AND BILIOUS COLIC.

REMEDY.

Make an infusion of the following :—

	oz.
Sweet flag	1
Parsley-roots	1
Cat mint	2
Burnet	2
Water	3 *pts.*

Sweeten with glycerine, and boil down to one quart.

Give large doses, as hot as they can be taken.

If the stomach will not retain this infusion, give a tumblerful of strong vervain tea, very hot, and an enema of powdered burdock and wormwood; or, mallows and tansy, made into a thin gruel. This enema should be seldom less in quantity than a quart, and should be sent as far up the bowels as possible, moderately warm. If the first does not succeed, give another in half an hour, stronger, with vigour, and add glycerine.

HYSTERICAL OR FLATULENT COLIC.

Make a strong infusion of—

	oz.
Burnet	2
Bugle.....	1
Wormwood	½
Water	1 *qt.*

Boil twenty minutes, sweetened with glycerine.

When cool enough to drink, give a wineglassful every half-hour, and to each dose add 25 drops of avena sativa and 5 drops of essence of peppermint.

When relief is obtained, restore the stomach to its normal state by the following infusion:

	oz.
Buchu leaves	1
White poplar bark	1
Common mallows	1
Burnet	2
Water	3 *pts.*

Boil for twenty minutes.

Dose.—Half a wineglass three or four times a day.

For children, catmint will be found a specific for any kind of colic. In the United States, it is almost the universal remedy for any pains in the bowels; and an American mother would as soon think of rearing her babe without milk as without catmint.

In conjunction with any of these remedies, the following will be found invaluable in these complaints: from a teaspoonful to a tablespoonful of *uncrushed* linseed (regulated according to the patient, be it a child or an adult) steeped in a wineglassful of cold water for an hour, and taken *whole*, without crushing the seeds.

This will be found the safest and most effectual aperient, sure to remove obstructions, and a certain cure for all forms of chronic constipation. When the virtues of flax-seed are better known, this remedy should supersede jalap, castor oil, and all laxatives that are not so safe and reliable, or that have any injurious after-effects.

CONSTIPATION.

DIAGNOSIS.

A collection of impacted fæces, or excrement, in the colon, causing distention, and a sensation of fulness in the bowels and surrounding parts.

This oft-neglected and badly treated difficulty is attributable to a disordered stomach, arising from a deficiency of gall.

For a great number of years, I have made this disease the subject of close observation, and I have no hesitation whatever in pronouncing it to be the effect of the cause before stated. An insufficient supply of gall causes acidity and fermentation, which result in disordered kidneys; impacted fæces in the lower intestines,—these press upon the sciatica nerves, causing sciatica and paralysis of the whole side, by obstructing the flow of the nerve-aura.

The highest medical authorities declare, that nearly all diseases are caused by disordered kidneys or liver, without informing us how these organs become deranged. I have every reason to

believe, that the evil may be wholly attributed to the thickening of the gall, and consequently to its absence from the digestive laboratory, in its natural liquid form. This important principle of digestion, when in a healthy condition, prevents the food from fermenting and turning acid in the stomach, besides acting as a conductor of the fæces, in passing through the bowels, by causing the membranes to throw off a lubricating power, that prevents the adhesion of the excrement to the walls of the colon. If this principle is absent, the fæces become impacted, fermentation takes place, gas is generated, the bowels become distended and obstruct the nerve-circulation, by closing the cavities through which the nerves pass, and the action of the heart, lungs, etc., is impeded.

Now, unless these obstructions are removed, and proper means employed to prevent their recurrence, these complicated troubles, erroneously called and treated by the faculty as *local*, but which are the simple effect of the gall not performing its functions, will become dangerous to life, by developing some form of those chronic diseases which have ever proved the despair of the orthodox physician.

The liver and kidneys take most of the blame of rheumatic gout, diabetes, eczema, bronchitis, and a host of the other diseases, mostly the effects of this one cause.

The liver, kidneys, or any other local organs, cannot perform their proper functions, when clogged, inflamed, or poisoned by undigested food or uric acid, which is formed in the stomach only. Then, when these well-abused organs break down, through overwork and other ill-usage, they are physicked and purged by unnatural poisons, until they are utterly destroyed or rendered incapable, ever after, of performing their natural functions. Who can wonder at this, seeing the brutal treatment they undergo ?

Nature, although wonderfully elastic, has limits to her endurance, and cries out lustily for help when needed ; but alas ! instead of assisting her to right herself, by using those remedies she has provided in abundance to our hand, the physician of the present day, ignoring these remedies because of their simplicity, prefers what is considered orthodox treatment, although often uncertain and dangerous.

If nature calls, through any of the signs I have hinted at, seek out the cause, and, in nine cases out of ten, you will be able to trace the trouble to the stomach, or, an obstructed skin, or both. These troubles may be caused by congestion of the spine, from whence emanate the first prime movers. Now, strike vigorously,

but safely, at the first cause, and the effects, be they ever so complicated, will soon permanently disappear.

REMEDY.

Palliative measures may be used, while the cause is being removed, which will operate, in both directions. For instance, any of the following remedies will not only remove constipation, but will restore a healthy tone to the stomach, if persevered in, and as they do not purge, a continuance in their use, is as safe as beneficial :—

	oz.
Lesser burnet	2
White poplar bark	1
Kidneywort	1
American liver wort	1
Water	3 *pts.*

Boil down to one quart, sweetened with honey or treacle to taste.

Dose.—Half a wineglass, one hour after meals, or, whenever any acidity occurs ; and the same quantity, in very hot water, on going to bed.

If the bowels are impacted or painful, use an enema, made of one tablespoonful of powdered slippery elm bark, and one tablespoonful of powdered burdock, made into a thin gruel with one quart of water.

Do not use any purgative medicines, as they are dangerous, by causing pressure on the lower intestines, and seldom, if ever, effectually remove the impact.

After the first week, use the following :—

	oz.
Buchu leaves	1
Common mallow	1
Burnet	1
Extract of butternut	$\frac{1}{4}$

Made as the former.

Dose.—The same.

If the impact does not readily yield to the enema, and the case is urgent, gently rub the external part of the bowels with—

Croton oil .... 1 *part*
Olive oil .... 3 *parts*

working about as much as possible, without giving pain; but on no account neglect the enema.

MAGNETIC TREATMENT.

The spine should be well kneaded with the thumbs or tips of the fingers, particularly between the shoulders and the lumbar regions.

This process is called the massage treatment, and serves an excellent purpose, when the patient can bear it, and when there is no fear of inflammation; or in cases where there is no danger of spreading any virulent deposit, or where there is no predisposition to cancer or any inflammatory disease.

Discrimination is needed in the application of this useful practice (which is, after all, but another, method of infusing animal magnetism) which, when judiciously applied to suitable cases, is invaluable to excite the relaxed nerve-centres at the spine to more vigorous action, giving fresh impetus to the lagging, exhausted machine.

To choose the best, safest, and most effectual method of treatment requires caution; animal magnetism, however, applied without contact, is always safe; also, the application of acetic acid is a most efficacious and powerful means, not only of invigorating the spine, but of removing congestion, opening and bracing the skin, and, by these means, relieving the heart from an unnatural strain.

By being absorbed through the skin, the acid attacks and dissolves those uric deposits which are

so troublesome to combat by any other means. I have applied this remedy for many years, with marvellous success. A combination of these treatments, if discreetly used, will never fail to produce satisfactory results.

CONSUMPTION.

That vampire which sucks the vital streams of life from the fairest and most lovely of our species, and, with mocking cruelty, beguiles them with false hopes, which flutter in the breast until the last moment arrives, has baffled the scientific of all countries and ages; who, like the critics of spiritualism, have wandered off into unknowable regions of mystery, rather than utilize the simple, yet effective remedy, that flows off at the fingers. All the phenomena evolved by this disease make so much history, and scarcely any two medical authorities agree on the method of treatment. That they have no safe specific, or even reliable knowledge of the nature of this disease, is evident.

There is no doubt that many causes tend to its development; but as our object is the alleviation or cure of this malady, we will at once proceed to our mode of treatment.

I have seen enough of the orthodox practitioners' treatment of this disease to unhesitatingly say, that, if it is curable at all, none other than nature's remedies are reliable.

REMEDY.

The body should be sponged all over, every morning, with acetic acid, a pint and a half, with a quarter of an ounce of essence of peppermint, to three pints of water—rain-water preferred. The first diluted acid should be used on the spine, and, when smarting

takes place, washed off with very hot water, and dried with a rough towel. After the first week, oil of thyme should be substituted for peppermint.

The following medicine should be regularly given :—

Finely powdered mullein,
Finely powdered comfrey root, } equal parts.

Put a level teaspoonful in a tumbler, beat into a paste with a little water or milk, and pour over it, enough boiling milk to fill up the glass.

Let it stand ten minutes, and drink, leaving the dregs.

This should be taken three times a day, between meals, for an indefinite period.

The following medicines also :—

	oz.
Hartsease or wild pansy	1
Burnet	1
Pellitory-of-the-wall	1
Thyme	1
Barberry bark	1
Glycerine	1 *lb.*

Cold water, sufficient to cover the whole.

Put into a wide-necked bottle, and allow to stand a week or longer, shaking every day.

Dose.—One teaspoonful in a little hot water, after each meal, or when the cough is troublesome.

Alternate each week with—

	oz.
White poplar bark	2
Sanicle	2
Betony	1
Wild-cherry bark	1

Made like the former, and the same dose.

MAGNETIC TREATMENT.

Thoroughly magnetize the whole body, from head to foot, back and front, taking strict precautions to tie a handkerchief, saturated with diluted acetic acid, over your mouth, and having a basin of the same close by, to continually wash your hands. These necessary precautions should be strictly observed in most cases ; further, in many instances the magnetism flows freer from damp hands, yet, there are cases, that can be better treated with dry hands. Discrimination is necessary in this particular ; and the magnetizing should be continued for thirty or forty minutes, every twenty-four hours, if possible.

Let the patient have all the pure air that can be had.

DIET :—Whole meal of any kind ; Egyptian lentils ; slippery elm bark ; deep-sea fish ; yelks of raw eggs ; cod's liver, boiled or fried ; salad oil, &c.

CORPULENCE.

DIAGNOSIS.

Climatic and constitutional influences, no doubt, take an active part in producing that state of obesity for which John Bull and Mynheer van Dunk have become celebrated all over the world ; whereas drier atmospheres than ours, such as the interior of North America, are noted for the leanness of their inhabitants While we admire with pride the incomparably beautiful forms of our English women and the well-developed muscles of our athletic men, we cannot but deplore their tendency to inconvenient corpulency, which not only, in many instances, renders them unwieldy, but is also unhealthy, and even dangerous to life.

REMEDY.

Any safe, easy, and effectual means of reducing superfluous fat should, therefore, be acceptable. In diet, strictly avoid all sugar, fat or starchy foods, such as potatoes, white bread, sweet roots, butter, cream,

beer, wine, &c. Sugar and starch, in any form, seem to be the chief producers of fat. These articles of diet can easily be dispensed with, without much discomfort or inconvenience; and a strict observance of this rule, coupled with the following innocent medicines, will not only have the desired effect, but will rid the predisposed system of gout, dropsy, eczema, and almost any impurity of the blood, strengthen digestion, and, by its continuance, restore a debilitated constitution to health and vigour.

	oz.
Yellow dock	2
Common mallow	1
Clivers	2
Citric acid	¼
Spirits of wine	1
Water	1 *qt.*

Simmer in an earthen jug four hours; strain, and add the spirits of wine.

Dose.—One dessertspoonful, in half a tumbler of water, after every meal; or the following may be taken, alternating, every other week, with the above:—

	oz.
Ash leaves	2
Ladies' mantle	1
Burdock	1
Water	1 *qt.*

To be prepared and taken as directed for the first.

The great American remedy for obesity is:—Fucus vesiculosus (in fluid extract).

Dose.—From one to two teaspoonfuls three times a day, in water, regulating the dose so as to lose about one pound per week.

All these remedies will be facilitated in their

action, and the strength sustained, by sponging the whole surface of the body, every morning, with diluted acetic acid.

MAGNETIC TREATMENT.

Magnetize from head to foot every twenty-four hours, if convenient; also, to alternate with massage, will be found of great assistance. The spine and top of the head should have the most attention; but, in massage, those parts where the deposits of fat are greatest should receive special treatment. After massage, the body should be magnetized, without contact, to equalize the circulation, and remove any irritation or inflammation that may have been set up, by that treatment; also to disperse the detached matter.

Watch carefully for any affection of the heart, which is very likely to exist in stout persons.

COUGHS.

REMEDY.

Coughs arising from colds, should be treated with—

	oz.
Angelica	1
Colt's foot	1
Hyssop	1
Knap-weed	2

Made into a syrup with honey or glycerine.

Dose.—One teaspoonful for an adult, and half the quantity for a child.

HOOPING COUGH.

DIAGNOSIS.

An epidemic and often dangerous disorder, a frequent attendant on measles, small-pox, and other diseases. It is so well known as to need but little description. One error, however, I should

like to expose, it being one that seems to be very generally accepted, namely, that this disease must run a certain course before it can be cured.

REMEDY.

Let those who accept this theory give the following mixture regularly, and they will soon change their opinion :—

	oz.
Thyme	1
Pellitory-of-the-wall	1
Marjoram	1
Wood sanicle	1
Heart's-ease	2
Glycerine	6
Water	3 *pts.*

Boil all, except the thyme and marjoram, down to a quart; and, while boiling, strain the liquor on to the thyme, marjoram, and glycerine ; cover closely until cold ; then press out all the liquor, and bottle for use.

Dose.—One teaspoonful every two hours, or oftener if required, giving less as the symptoms disappear ; but it should be continued, once or twice a day, after all traces of the disease have subsided. It is an excellent tonic, and may be given with advantage to all delicate children or invalids, whose chests or kidneys are weak.

Carefully watch that the patient does not sleep too long at a time, lest the accumulation of phlegm should prove troublesome. If this treatment is carried out, I need not give further instructions ; but, if the patient has gone through the usual course of medicine, or tried all the remedies that kind friends suggest, and the disease, in consequence, has become deeply seated and more troublesome, then the gas tar and turpentine, as recommended in diphtheria and croup, will

be found useful, and should be applied without delay.

MAGNETIC TREATMENT.

Magnetize the spine, throat, and legs; and particularly the kidneys; but on no account, produce sleep.

CROUP.

DIAGNOSIS.

Active measures should be adopted at the first appearance of this, the most formidable disease of childhood, as an attack may prove fatal in a few days; and, further, when allowed to run its course, a relapse, even after all danger seems past, which often proves suddenly fatal, is of much more frequent occurrence.

The symptoms usually indicative of this disease are hoarseness and catarrhal fever. A peculiar barking cough, alteration in voice or cry; the sleep often interrupted by fits of coughing; a metallic ringing sound is heard, when drawing the breath and in coughing, shrill and hard breathing, like the crowing of a cock, evidently caused by the air-passage, at the larynx, being almost, closed, and thus preventing a sufficient quantity of air from passing into the lungs.

The symptoms become worse at night; the child often clutches at its throat, throws back its head, in order to stretch the windpipe. Convulsion s sometimes occur, the fits of coughing, etc., being more or less frequent, according to the severity of the case.

A false membrane is formed, of a leathery appearance, along the windpipe, and, as it spreads, closes up the air passage, causing suffocation.

REMEDY.

The first thing to be attended to, is to establish and keep up an equilibrium of all the vital forces.

Rub the spine with the following liniment:—

	oz.
Common salt	1
Cayenne pepper	½
Tincture of myrrh	1
Methylated spirits	2
Turpentine	¼
Water	2

A compress, wet with the liniment, should also be put around the throat.

A tablespoonful each of common gas tar and spirits of turpentine, thoroughly mixed, and put into some vessel that will not break with heat, should be set on fire, and the patient should be made to inhale as much of the smoke as can be borne without suffocation.

For instance, put the patient's mouth over the dense smoke for a few moments; then remove for a short time, and repeat. The smoke should be allowed to fill the room, as the patient will inhale it with less inconvenience.

In bad cases, however, the smoke should be breathed as dense as possible, and, if properly administered, the leathery membrane, which causes the difficulty of breathing, and which is the great danger, will melt at once, running away at the mouth like water, allowing full and free respiration.

Give the following mixture every hour, until all danger is past; then, every two or three hours for several weeks after convalescence:—

	oz.
Knap-weed	2
Heartsease	1
Pellitory-of-the-wall	1
Sanicle	2
Burnet	2
Thyme	2
Liquorice	¼
Pennyroyal	1
Spirits of wine	2
Rain-water	2 *qts.*

Boil all these ingredients, except the thyme and pennyroyal, for twenty minutes; and pour the

liquor, while boiling, on the thyme and pennyroyal. Sweeten with glycerine, and, when cold, add the spirits of wine, or a similar quantity of brandy, to keep it.

Dose.—One dessertspoonful.

MAGNETIC TREATMENT.

Magnetize the whole body, in order to regulate the circulation. Use considerable friction with the naked hand on the legs, arms, and spine, when there is any difficulty in breathing, until the skin turns red. The diet should consist of gruel, alternated with beef tea; but for delicate infants, flour, prepared as follows, should be used. In any case, beef tea should never be given alone, but mixed with this prepared flour, or some other farinaceous food.

Take a double handful of wheaten flour, squeeze it firmly into a ball; then tie it in a cloth tightly, immerse it for a moment in cold water, now plunge it into boiling water, and let it boil for four hours without ceasing. Take it out, strip off the shell that will have formed on the outside, and thoroughly pulverize the interior

A teaspoonful of this flour will be found one of the best articles that can be given with beef tea. It helps to digest that otherwise unwholesome article. Chapman's entire wheat flour is really the best of all foods, as it contains all the constituents of the grain. It is pure, free from any chemical mixture, and retains all the flesh-forming principles, as well as those earthy phosphates so necessary for the formation of bone and teeth. Above all, it is digested with the least expenditure of vital force, and, therefore, is the nearest approach to a perfect food that has yet been produced.

CUTS.

REMEDY.

Should be closed up, and the edges kept together, by any arrangement that your ingenuity can suggest, always allowing freedom of circulation. Adhesive plaister, cut into small strips, is one of the most useful appliances.

If the cut be large, it may be necessary to apply a bandage for the purpose of keeping the edges in close contact. A lotion made of any of the following—bugle, sanicle, self-heal, clown's wound wort, or marigold flowers, and a bandage steeped in the lotion and kept wet with it—will heal quickly. Marigold flowers gently stewed in the oven, with a little water until they become a slimy pulp, and applied to the cicatrix of any wound, will remove the mark, and leave no trace of a scar behind.

DANDRIFF, OR HEAD SCURF.

DIAGNOSIS.

Bran-like scales are formed, and become mixed with the hair. Other parts of the body, such as the beard, eyelashes, &c., are attacked in some cases, causing a reddish rough appearance.

REMEDY.

Thorough cleanliness, plenty of rain-water and good yellow soap are great helps in this affection.

Use glycerine and borax freely; or Condy's fluid, sufficiently diluted so as not to stain the skin; also diluted acetic acid; water in which a beet-root has been boiled; or, a strong infusion of burdock, or elder leaves, all of which are good for both hair and skin.

MAGNETIC TREATMENT.

Massage the scalp of the head thoroughly.

DEAFNESS.

DIAGNOSIS.

The effect of many causes, such as perforation of the tympanum, paralysis, throat-diseases, congenital malformation, obstructions in the ear, changes in the brain, accumulation of hard wax, uncured catarrh, &c. Boxing a child's ears has often been the cause of deafness in after-life, and should never be indulged in, even by the most cruel, cowardly, or brutal man or woman, be they parents, overseers, or nigger-drivers. To spiritualists, who receive their teachings from a higher and a better source, than those who believe that "to spare the rod is to spoil the child," I need say no more on this inhuman practice.

REMEDY.

The hopes of a cure in deafness depend greatly on the cause, the age of the patient, and the former treatment.

If the cause can be removed, the trouble is at an end; but there are many causes which cannot be removed, in which cases it is almost useless to try; yet, the treatment by animal magnetism is so innocent, easy, pleasant, and beneficial to the general health, that, if you fail in the one object, you are sure to strengthen, improve, and invigorate the system generally.

Administer a simple infusion made from—

	oz.
Wood betony	2
Marjoram	1
Balm	1
Pennyroyal	1
Boiling water	1 *qt.*

Sweeten with honey to taste.

DOSE.—Half a wineglass, three times a day.

Bathe the ears with a decoction of hog's fennel, or dilute tincture of Hydrastis canadensis or Sanguinaria.

A spray-producer is best and safest. Also spray the nose and roof of the mouth, drawing it up the nostrils at the same time. If this treatment, in conjunction with the magnetic treatment, is faithfully carried out, you may rest assured of a cure, if a cure is possible.

MAGNETIC TREATMENT.

To massage the scalp, particularly the back and sides of the head, also down the spine, will produce good effect.

For magnetizing, seat the patient in a chair; and seat yourself in another, at the back. Make sharp passes from the top of the head, down each side of it, and down the spine; after which, bring your hands together on the front and top of the head, and gently draw them down each side, across the ears, alternately under and above, separating them sharply across the shoulders, sometimes continuing them down the back. The time occupied in massaging the scalp should be fifteen minutes;—in making passes over the head and spine, from twenty to thirty minutes. Then, rest your elbows on the chair-back; and point your fingers into both ears for ten or fifteen minutes longer.

DIABETES.

DIAGNOSIS.

This disease is characterised by an excessive discharge of pale, sweet, and heavy urine, containing much sugar; and the patient is troubled with a voracious appetite, frequent desire to pass water, lassitude, debility, emaciation, intense thirst, sinking feeling at the stomach, red tongue, constipation, with dry hard stools, harsh dry skin, soreness of the urethra.

In some cases, the patient passes much more water than is

taken into the body—even as much as from twenty to thirty pints a day. It is of a light colour, and gives off a peculiar odour, like the smell of cow-dung; the breath becomes pungent, and smells like chloroform.

There are various modes of testing the urine; but, if these signs be present, there is little doubt that active measures should be taken to arrest the progress of this disease.

REMEDY.

Success in the treatment of this disorder should chiefly depend on diet and magnetism, which, of course, includes massage, rubbing, and mesmeric passes. These remedies play an important part but I will first indicate the more important matter of diet. Sugar, in any form, confectionery, potatoes, carrots, parsnips, beets, turnips, radishes, sage, rice, arrowroot, tapioca, coffee, tea, spirits, white bread, or any food containing much starch or sugar must be strictly avoided.

A nutritious diet can be given of fresh white fish, raw eggs, game, beef tea, with oatmeal or barley mixed with it, but never alone; brown bread, cream, cheese, lettuce, salad oil, turnip-tops, almond nuts, but, above all other food, gluten bread, should be eaten freely.

This wholesome article of diet, although, with some, not very palatable at first, soon becomes a favourite and indispensable necessity. All vegetables should be well cooked, and a little oil and vinegar eaten with them; but all food and drink should be carefully watched, and, at the least sign of producing acidity or fermentation in the stomach, discontinued at once.

The excessive thirst may be allayed by a liberal supply of skim milk, or by a sharp pleasant beer, brewed as follows:—

	oz.
Valerian.....	½
Centuary	1
Ginger, crushed.....	1
Peach, leaves	1
Cream of tartar.....	2
Yarrow	1
Water	4 *qts.*

Boil the whole half an hour: add the crushed ginger and cream of tartar. Sweeten with treacle or honey, and, when cold, stir in four tablespoonfuls of brewer's yeast. Let it stand in a warm place, to ferment, from eight to twelve hours. Skim off the yeast, and bottle for use.

This beverage will not only allay thirst, but give tone to the stomach.

Also give the following medicine:—

	oz.
Kidney-wort	2
Burnet	3
American liver-wort	2
Water	2 *qts.*

Cut up small, and simmer for two hours. Sweeten with glycerine.

Dose.—Half a wineglassful after every meal.

If the patient's vitality is low, add about six ounces of common oats, while the liquor is boiling hot.

This medicine is a most gentle, safe, and effectual corrector of the kidneys; and the surest cure for acidity of the stomach that can be concocted. I have used it for years, with unfailing success. After the first week, substitute pellitory-of-the-wall and white poplar bark, for the liver-wort, alternating the two about every week. Use raspberry leaves as a substitute for tea or coffee.

Open-air exercise should be taken, but fatigue avoided.

MAGNETIC TREATMENT.

Massage the nape of the neck, all round the optic nerves, down the spine, the region of the stomach, feet, and palms of the hands. Then make long passes all down the body, to equalize the circulation

DIARRHŒA.

This disease is often an effort of nature to expel some accumulation of objectionable matter, such as an excessive flow of bile, etc., and is so well known that no description is necessary. Care should be taken not to stop it before it has accomplished its mission; rather strengthen and correct the stomach by such diet as will easily digest and assimilate.

The following is a good course:—Rice in any form, particularly if prepared with milk. Milk is very serviceable in diarrhœa, mixed with all kinds of farinaceous food, or with linseed, slippery elm bark, powdered comfrey, marsh mallows or mullein. An excellent posset may be made as follows:—To a pint of milk, shred two ounces of mutton kidney suet, cut some discs of crusty bread; put the whole into the milk, with a little salt, and let it come to a boil. A teaspoonful of glycerine may be added, and, if preferred, flavour with cinnamon, cloves, or nutmeg. This makes a good meal, and will often stop the diarrhœa naturally; but should it become serious, take the cholera mixture as prescribed for cholera: that is sure to prove effectual at once, and is safe from whatever cause the diarrhœa may proceed, or form it may assume.

MAGNETIC TREATMENT.

Stand at the right side of the patient; place one hand at the lower part of the bowels, and the other at the back, opposite. Make a few upward passes, off at the top of the stomach, and, after five minutes' manipulation, go to the left side and repeat the operation. Then let the patient be seated in a chair; seat yourself opposite in another; place the patient's legs on a hassock, for convenience, and make passes from the knees, off at the toes, for about fifteen minutes; then place your right hand on the small of the back, and your left on the pit of the stomach.

If the legs and feet have become numb or prickly, dash your handkerchief across them a few times; now place both your hands flat on the top of the head, pass them gently down the sides, and off at the shoulders; let them rest on the crown of the head a full minute each time, and continue these passes ten minutes. Make a few long passes over the whole body, to equalize the circulation.

DIPHTHERIA.

DIAGNOSIS.

This disease is easily detected by the great prostration, restlessness, anxious countenance, sickness, hot skin, flushed face, sore throat, swollen tonsils; pulse and respiration high, sometimes delirium.

The throat becomes covered with little white blisters, which change to grey, and soon run one into the other, forming patches of a dark fungous appearance.

This fungoid growth adheres firmly to the mucous membrane, increasing in size and thickness, and often extends to the ears, nose, and bronchial tubes, until swallowing and breathing become difficult. The glands of the neck become enlarged and inflamed, and, unless the false membrane can be removed, the patient dies from suffocation. The danger, however, does not end with the removal of this membrane, as another enemy

appears, but under less favourable conditions, for the whole system is full of germs ready to come forth and do their deadly work.

This disease is contagious and infectious, and spreads with great rapidity in dirty, damp, or badly drained places, poisoning the blood of those whose vitality is low.

REMEDY.

Diphtheria should be treated in the same manner as indicated for croup, with this addition, at the earliest symptoms, sponge the whole surface of the body with acetic acid, diluted with its bulk of water, to which a few drops of thymol should be added.

Give flower of sulphur in water constantly, as a gargle for the throat, alternated with strong wormwood or knapweed tea, to which glycerine may be added.

Give an emetic of vervain tea; then, the following infusion:—

	oz.
Sanicle	2
Bugle	2
Wormwood	2
Knapweed	2
Water	3 *pts.*

Boil fifteen minutes, and add six ounces of glycerine while hot.

Dose.—A wineglassful every two hours.

Another remedy is to boil eucalyptus leaves or oil, and, placing an inverted funnel over the vessel in which they are boiling, let the patient inhale the steam; if a bronchial kettle is at hand, of course it will be more suitable for the purpose. Apply magnetism, stimulants, and sponging as in croup. Progress will depend greatly on keeping up vitality, which may be done by an occasional dose of the following:—

	drops.
Avena sativa	25
Hydrastis canadensis.....	10
Cypripedium	4

Or another dose :—

	drops.
Phytolacca	20
Avena sativa	25

In hot water for an adult, and about half the dose for children. These remedies, however, are perfectly safe, and a slight overdose will do no harm.

DROPSY.

DIAGNOSIS.

This disease is due to obstruction of the skin and kidneys, causing a watery deposit in the cellular tissues, the abdomen, chest, and over cavities of the body.

The absorbent vessels are unable to take up the effused blood and discharge it through their natural channels.

This fluid may be confined to a limited part of the body, denoted by swelling of the feet, ankles, etc., and may be detected by the inelasticity of the swelling on pressure ; the marks of the fingers will remain for some time.

Many divisions have been made of this distressing disease, and named according to the local part affected, such as dropsy of the head, dropsy of the chest, dropsy of the cellular tissues, dropsy of the pericardium, dropsy of the abdomen, etc.

My opinion is that, with the exception of dropsy of the head, they are all different developments of the same cause, and should be subject to similar treatment.

REMEDY.

Vapour baths, with bed-sweats, should play an important part in the treatment of this disease. Internal stimulants, such as pennyroyal, angelica, yarrow, etc., singly or combined, should be freely taken. As all these are perfectly innocent, they should be given copiously, and hot, to produce perspiration when entering the vapour bath.

The following medicines will be found invaluable for the stomach and kidneys :—

	oz.
Burnet	2
Clivers	2
Pellitory-of-the-wall	2
White poplar bark	2
Water	3 *pts.*

Boil gently down to a quart; sweeten with common treacle or honey.

Dose.—Half a wineglassful, three times a day; the last on going to bed, in a tumbler of very hot water, or—

	oz.
Golden seal root	1
Juniper berries	1
Catnep	2
Centuary	1
Water	3 *pts.*

Made and administered as the above.

Tincture of hair-cap moss is the most powerful diuretic that can be given, and while its powerful action in one or two teaspoonful doses removes the watery accumulation with surprising rapidity, it, at the same time, heals and strengthens the kidneys.

Let the patient take plenty of exercise, nutritious diet, and, if thirsty, drink cold water or balm tea without restraint.

The popular notion that drinking cold water increases the accumulation owes its origin to the source from which cupping, bleeding, and mercurial treatment sprang.

MAGNETIC TREATMENT.

Massage is invaluable in this disease, and should be performed at least from one to two hours every day.

DROPSY IN THE HEAD.

DIAGNOSIS.

Almost invariably peculiar to children, and often developed during teething; but adult cases have been known of various ages. Happily, such cases are of rare occurrence. The symptoms are generally enlargement of the head, inability to hold it up, periodic squinting, tossing of the hands to the head, sudden shrieking, blindness, deafness, restlessness, generally accompanied with fever.

REMEDY.

Prompt measures should be taken at the first appearance of this disease, which may often be prevented, or its development effectually stopped in cases where there is supposed predisposition, by giving the following syrup once a day, or oftener if required :—

	oz.
Pellitory-of-the-wall	1
Wood betony.....	1
Wild thyme	1
Water.....	1½ *pints*
Glycerine or honey	3 *tablespoonfuls*

Boil gently fifteen minutes and strain.

If the child is feverish, then substitute lemon balm for thyme; or if troubled with wind or cramp, use catnep. This will be found an excellent soothing syrup for most infantile troubles, and far superior to any of those patent mysteries that are often used for the purpose of soothing, or rather numbing, the brain.

MAGNETIC TREATMENT.

Gently stroke the naked spine from the back of the head down the hips, legs, and off at the heels; also stroke the chest and pit of the stomach. Place one hand on each side of the legs, and draw them

down off at the feet, particularly stroking the lower part of the legs with as much pressure as can be done without causing pain to the patient. This, if continued, will draw the pains from the head, and soon subdue the inflammation. Let love and pity prompt patience and perseverance.

DYSENTERY (see *Bloody Flux*).

THE EAR.

Like the eye, this organ is the medium through which the brain receives its impressions. Its construction is wonderfully adapted to all its wants. The auricle, or outer ear, not only serves the purpose of catching and condensing sound, but protects the inner parts from wind, rain, dust, sweat, the rays of the sun, etc.

It is subject to many diseases, like all the other organs, which are classified accordingly. Most inflammatory diseases are apt to spread to and attack the ears, which may result in partial or complete deafness; and great care should be taken to protect this member during fevers. It is frequently injured by violent syringing, pricking with pins, etc. Teething, in children, is a time when much care should be bestowed on this organ, as the inflammability of the gums is often communicated to the ear.

Almost all the diseases of the skin are dangerous to this organ; therefore active measures should be taken for its protection, by removing the cause before arriving at this dangerous climax; but should the ear become involved, notwithstanding all your efforts, then local remedies will have to be used. Never forget, however, to vigorously attack the cause first, and apply the following treatment as soon as possible.

REMEDY.

One of the best and safest instruments for the treatment of the ear, also the nose, is a good spray-producer, because the fine spray is made to enter every intricate cavity, without the violent pressure produced by the syringe.

The liniment made of glycerine and borax, with tepid water, will be efficacious ; after which, 20 drops of glycerole of blood-root (sanguinaria) in a wine-glass of tepid water, or a similar quantity of golden seal (hydrastis canadensis). They should be sprayed into the ear, nose, mouth, and throat every hour. Then burdock ointment should be applied with a camel's-hair brush, and a cotton-wool plug inserted in the ear.

Never poultice the ear or eye ; but dry heat may be applied with advantage, such as hot dry flannels, etc.

The great panacea, however, for all forms of this disease is magnetism, which should be persevered in, without intermission, until relief is obtained.

MAGNETIC TREATMENT.

Seat yourself at the back of the patient, bring your fingers together across the brow, draw them gently over the temples, the ears, and on either side of the head, down the glands of the throat, and off at the shoulders. Vary these passes by bringing them from the top of the head, down the back of the ears, nape of the neck, and down to the bottom of the spine. These passes should be made with the lightest touch possible. If success should not follow in twenty minutes, make vigorous lashing passes, without contact, with one hand at a time, just over the ear, bringing the hand down the side of the head, down the arm, and off at the finger-ends.

Point the fingers at both ears, sometimes breathing along the fingers into the ear for a considerable time, then make long passes from the head to the feet, to equalize the circulation, and allow the patient to sleep. Perseverance always succeeds.

ECZEMA.

The cause of this disease is chiefly due to a disordered stomach, and is most common in gouty subjects, whose vitality is low. The worst case I ever met with was that of a well-known public gentleman, residing in London, whose name I am not at liberty to make known. This gentleman was given up by his doctors, and told that he could not live more than six months, such was his deplorable condition when he came to me.

The whole lower part of his body was, to all appearance, a mass of corruption; the water that should have passed through its natural channels, percolated through the skin, and he was obliged to be packed round with cloths, etc., his sufferings being beyond belief. I magnetized his whole body, particularly the spine, and parts most affected, to raise his vitality, and then gave the following preparation :—

	oz.	
Burdock root	2	
Yellow dock root	3	
Clivers	3	
Marsh mallows	2	
Water	2	*qts.*

Boiled 15 minutes, and sweetened with honey to taste.

This infusion he drank freely as a beverage; and having been used to a liberal supply of wine, I made him the following liqueur as a substitute, with which

he used to make his toddy, instead of whisky or other spirits.

	oz.
Wood betony	3
Angelica	3
Bog bean	1
Burnet	2

I put one-half of these herbs into a wide-necked bottle, and filled to the top with 60° proof spirits of wine; the other half I put into a similar bottle, and filled with one part water and one part glycerine, and corked them up tightly. I put them by for six days, to macerate, occasionally shaking them up; and then changed the liquid from one bottle to the other, in order to extract all the properties that are soluble in spirit or water from the herbs, and allowed them to stand another six days. I then poured the contents of both bottles into one larger vessel, thoroughly pressing all the sap from the herbs, filtering and bottling for use.

This is a very pleasant stomachic, anti-scorbutic, diuretic, diaphoretic, stimulant, and tonic: it very closely imitates in taste the French liqueur benedictine.

The body was, during the first week of treatment, washed with water in which a beetroot had been broken up and boiled; the second week, with an infusion of wormwood and blood-root; the third week with the liquor of stewed marigold flowers. The result was that in forty days, he used these words:—"I have neither speck nor spot on my body, and am altogether in better health than I have been since I was eighteen years of age." One thing I noticed was the wonderful change in the colour of his skin, from a sallow yellow, to a clear bright pink and white. From this a good lesson may be learned, without

further details, how to treat this painful disease; but any of the following herbs will be found effectual, in all forms of skin-disease :—viz., agrimony, ground ivy, borage, blessed thistle, hart's-tongue, hops, golden seal, sanicle, heart's-ease, prince's pine, fluellin, sassafras, pimpernel, plantain, sorrel, elder, brook-lime, queen's delight, sweet gale, queen of the meadow, and silver weed, with many others, which may be used with perfect safety and good effect. The burdock ointment is invaluable for external use.

EPILEPSY—FALLING SICKNESS.

DIAGNOSIS.

Epilepsy was well known among the ancient Persians, Greeks, Jews, Egyptians, etc., and believed by them to be the result of possession by evil spirits. Whatever may be the opinion of modern Christian scientists, they cannot but acknowledge that the New Testament thoroughly confirms this belief. Now, although I incline to the opinion that many cases are subject to laws and influences, which appear supernatural, because we know so little about them, yet, I am sure, that when these psychological subjects are better understood, the mists of ancient mysticism will no longer darken our vision; but I believe this happy result can only be arrived at by an intermediate course between the two extremes. On one side we have the Positivist, whose mind is immovably fixed in the determination to make every unknown law dovetail into his preconceived ideas, or altogether reject and ignore their existence, while, on the other hand, there are those who, when anything appears meritorious or beneficial, at once attribute it to some supernatural influence. A medium course of calm unbiassed observation would take the difficulty up just where both these extremes drop it like a hot coal, and, by blending the spiritual with the material, would explore these unknown regions with clearness of vision and perhaps with the happiest results. Instead, then, of blasphemously attributing this disease to the direct interposition of Providence, they might discover that some pyschological but natural law is at work, and, by this means, trace it to arise from some mental condition, or perhaps to be, what is more common, some physical cause, such as the stomach, worms, impacted colon,

disorders of the kidneys, the generative organs, rabies, parasites in the brain, living germs of cancer, syphilis, tubercles in the blood, caries, malformation of the brain, pressure of the teeth or roof of the mouth, causing irritation of the nerves, tumours, falls, blows, with many other perfectly natural causes. To describe symptoms here would be superfluous, as, unfortunately, they are too well known. A successful mode of treatment is of much greater importance.

REMEDY.

When the fit comes on, make quick, rapid passes down the spine and back of the head, with all the force and pressure at command. Push back the tongue with a piece of soft wood, or anything that will not injure the teeth; let it remain in the mouth, to prevent the patient biting the lips or tongue. Untie all clothing, belts, etc., which interfere with the circulation; place the patient in a comfortable position, with the head raised, and do not interfere with the struggling, but simply hold the hands to direct their movements and prevent injury. On no account, otherwise restrain the actions. By no means throw cold water over the patient, or use ligatures on any part of the body, or impede the breathing by applying stimulants to the nose.

Give plenty of fresh air and room, and, when recovered, allow the patient to sleep without disturbance, and on no account use any violent measures.

In treating fits, your first object should be to discover the cause, and, if possible, remove it.

This may often be done by putting the patient into the mesmeric sleep; this, when practicable, should always be the first step. The patient, while in the sleep, often tells you not only the true cause, but how to remove it. Act at once on these suggestions, and you will seldom, if ever, go wrong; however, you must use your judgment in this as in all other matters.

Should the cause arise from worms, apply the worm-treatment prescribed in this book; if from any other cause, apply such remedies as are prescribed for the particular ailment; but whatever course may be pursued, avoid bromides and all the army of brain-destroying drugs in fashion.

Choose your herbs, having regard to their adaptation to the particular cause from which you have ascertained the disease arises.

In almost all cases, however, betony should play a prominent part, as its action on the brain and spine is so beneficial that it should never be lost sight of while constructing a remedy.

The following herbs are efficacious, viz., peony root, catnep, allheal, briony, hog's fennel, fluellin, hyssop, juniper berries, lavender, mistletoe, mullein, wormwood, valerian, pellitory-of-the-wall, and many others; but wormwood, wood betony, peony root, and valerian are the most prominent, and work well together. A salve made of savine, simmered in goose-grease until the grease becomes thoroughly impregnated, should be well rubbed into the top and back of the head two or three times a day; or equal parts of chloral hydrate and camphor, dissolved in lanoline, will answer the same purpose. They might be used alternately, each week, with advantage.

These simple, innocent remedies, combined with massage and magnetism energetically employed, will do more than all the poisonous drugs in Christendom, however skilfully applied.

MAGNETIC TREATMENT.

If you cannot succeed in producing the sleep, magnetize the head and spine for at least thirty minutes; then magnetize the whole body, keeping the outlets well open.

ERYSIPELAS—ST. ANTHONY'S FIRE.

DIAGNOSIS.

This dangerous and painful disease is often propagated by vaccination and a predisposing state of the blood set up, that in after-life is ever ready to develop under suitable conditions, such as sudden change from heat to cold, living in damp places, intemperance both in eating and drinking, with many other causes or rather agents.

Erysipelas may be known by the following symptoms:—A blotch of deep red or copper colour, attended with burning, throbbing and stinging pain, or of a dusky purple hue, not readily removed by pressure, and often accompanied by deep pitting, much swelling, with an irregular surface.

It usually commences with a small spot, and, if in the face, attacks the side of the nose near the eye; shiverings, languor, headache, nausea and vomiting are the usual premonitors of an attack; dry brown tongue, rapid pulse, often delirious mutterings.

REMEDY.

Make an infusion of lemon balm and clivers, and sweeten with honey to taste; let the patient drink this freely, when thirsty.

Also give the following infusion in order that the kidneys, liver, stomach, and blood shall be regulated:

	oz.
Yellow dock root	2
Parsley root and tops	2
House leek.....	2
Hawkweed	2
Water	3 *pts.*

Honey or treacle to taste.

Dose.—A wineglassful as often as the patient can take it, without producing nausea.

If the disease has been allowed to become severe, it may be necessary to use the following fomentation:—

Fresh mint
Chickweed or
Common mallows.

Bruise any or all of the above into a pulp. Pour on boiling water, and, when tepid, apply the pulp to the place, and constantly renew it by redipping the pulp into the liquid, and re-applying it as a compress. When the severity of the disease is over, let the patient continue to take the medicine before prescribed to rid the system of any lurking taint.

Another remedy, equally efficacious, is to give every night two four-grain pills of colocynth and hyoscyamus, and five drops of tincture of steel, during the day, in a tablespoonful of water, one hour after meals. Sprinkle the part affected with flour, fuller's earth or whiting. Keep in a warm room, as exposure to cold only aggravates the disease.

MAGNETIC TREATMENT.

Have a vessel of cold water, into which dip your hand; dash off the superfluous water, and place the palm over the part affected, about an inch from contact; keep it still in that position, then suddenly and quickly remove it, at the same time closing the hand; open it again and immerse it in the cold water, and shake it about, to wash off the accumulation that will have been drawn from the inflamed part; repeat this, until you have completely conquered your foe.

Notice.—Each time you remove the hand, the radius of the inflamed part will visibly get less; be sure to continue until you have removed all trace of the nucleus or centre spot. Magnetize the whole body, from head to foot, to raise the vital forces.

EXCRESCENCES.

Abnormal growths, warts, moles, small polypi, styes, etc., can be safely and readily removed by touching them with strong acetic acid; or, if con-

venient, dip a needle into strong acetic acid, and, while wet, puncture the tumour with it, letting the point enter the centre, and allowing the acid to run down the needle.

EYE (INFLAMMATION).

DIAGNOSIS.

Inflammation of the membrane which lines the eyelids and the eyeball produces a sensation as of sand under the lids, and is often caused by exposing the eye to draught, wind, smoke, or from the presence of a foreign body, overwork, gout, epidemics, contagion, etc.

In its simplest form, local measures are generally sufficient; but when from other causes, go at once to the root, if you wish to effect a permanent cure.

While recently in the country, my attention was called to two boys, one seven and the other fifteen years old. The younger one had an ulcer on one eye, and the other eye was very much inflamed. The elder boy suffered from chronic congestion of the eyes; they protruded unnaturally, were very red, and continually watering.

The family doctor told the mother that these complaints were caused by weakness; and, with good living, the lads would grow out of it. He actually prescribed warm blood, to be drunk from a sheep; and these poor victims of medical ignorance were taken to a slaughter-house in the neighbourhood, and made to drink a glass of blood, as it flowed from the sheep, besides having to gulp down large quantities of beef tea and raw beef.

The first moment I saw them, I detected gout of the worst kind, the blood teeming with corruption; but when I advised a strict vegetable diet, the father became horrified, lest his boys should not grow up strong men.

Such then are the ignorant teachings of those whose judgment should be founded on sound common sense, rather than scientific theories. Here is a case in which all the local remedies that could be applied would do but little good, unless proper sanitary measures be taken. Vapour baths; vegetable and fruit diet; and a free use of an infusion of—

	oz.	
Clivers	2	
Yellow dock root	2	
Parsley roots	2	
Pellitory-of-the-wall	2	
Water	2	*qts.*

Boil down to three pints, and sweeten with honey. DOSE.—A wine glass, three or four times every day.

Sometimes, the sudden discontinuance of even a bad habit such as smoking or taking snuff, will injure the eyes. Particularly in the latter habit, the nose has been, through constant irritation, the chief drain of the system; and most of the humours of the body have been drawn to it first. Through long-continued habit, they perpetually flow to that organ; but when the irritant no longer excites the drain to discharge the humours, they deposit behind the eyes, and, unless some efficient effort is made to disperse them, blindness, and sometimes madness, is the result. Caution is therefore necessary.

REMEDY.

Habits of this kind should be mastered by slow degrees, or not attempted.

In cases of inflammation from some foreign substance in the eye, such as sand, glass, etc., its removal should at once be attempted.

Obtain a thin splint of wood, ivory, or silver, cut to the shape of a small penknife-blade; this should be laid on the top of the eye, with the right hand, and with the finger and thumb of the left take hold of the hair of the lash, and double the lid back. This is easily done, and you may examine the eye much better; and, by gently pulling the lid towards the outside, so fix it that the patient cannot move it. Withdraw the instrument, which you can now use to pick off any particle inside the lid, or on the ball. After carefully clearing the eye, bathe it with the following lotion :—

				drm.
Sulphate of zinc	.....	.....		$\frac{1}{2}$
Opium	.....	.....	.....	$\frac{1}{2}$
Filtered water	.....	.....	.....	1 *pint*

In the case of a burnt or scalded eye, lay on a compress of spearmint, pounded into a pulp, and put into a muslin bag, and applied to the eye. This will often give immediate relief.

A wash made of 10 drops hydrastis canadensis in half a wineglass of cold water; or, 12 drops of sanguinaria in half a wineglass of water, will be found very serviceable, where slight ulceration or purulent ophthalmia exists in any degree.

Many other forms of eye-disease, the effect of different causes, I shall dwell upon hereafter, with the mode of treatment. Chronic inflammation and redness of the eyelids, styes, chaps, etc., cannot be treated better than with burdock ointment, made with goose fat or glycerine and water, and applied with a camel-hair brush. If the fat is objectionable, make a simple infusion; and use it alternately with an infusion of hydrastis canadensis, several times a day.

MAGNETIC TREATMENT.

Magnetism, in all affections of the eye, is excellent; although all other means fail, magnetism will succeed, not only in reducing inflammations and removing obstructions, but in giving strength and vitality to the optic nerves.

Make passes at the back of the head, behind the ears, with the gentlest touch possible, by the tips of the fingers.

Continue this for about fifteen minutes; then change your position to the front, and make passes from the forehead, over the eyes, letting the extended fingers point, for an occasional minute or two, directly into

the eyes; then bring them suddenly away, with a downward motion, and wash the hands in cold water, which should be close at hand, in all inflammatory diseases. After fifteen or twenty minutes' manipulation, or even longer in bad cases, well magnetize the foreleg and insteps, and finish with a few passes from head to foot.

FALLING SICKNESS (see *Epilepsy*).

FALSE MEASLES (see *Rose Rash*).

FEET—ACHING, TIRED, CHAFED, SWEATING OR SWELLING.

REMEDY.

To a warm foot bath (rain-water preferred) add a large teaspoonful of tincture of arnica, and bathe the feet and legs therein.

If the hands and arms ache from over-exertion, the same preparation applied to them will give great relief; but this is when magnetism is not available, as that power is wonderfully efficacious when over-exertion is the cause.

Perspiring feet, with an odour, are often caused by a torpid liver, which should be kept active by some of the innocent remedies mentioned in this book.

Bathing the feet in borax and water gives great relief; and, if the feet are very offensive, a few drops of Condy's fluid in water, or a bath of elder leaves; or, if sore, burdock.

Wear thick, open, woollen hose; and, above all, low, well-ventilated shoes.

For inflamed toe-nails, or if the skin is broken, poultice with powdered slippery elm bark, mixed with brewer's yeast; or pulped chickweed, or common mallow and spear-mint.

Ingrowing nails should be cut square, or hollow at the end, and the top of the nail, at the middle, should be scraped very thin. Above all, allow no pressure from tight boots. The burdock ointment will be found very serviceable in all galled feet, or between the toes; but if any germ-disease attacks the feet, either animal or fungoid germs, use highly camphorated zinc ointment; or either sulphur or tar ointment will be found sufficient.

FELON—WHITLOW.

REMEDY.

Plunge the finger into very hot water, with a teaspoonful of spirit of turpentine, or oil of eucalyptus, to every quart of water. Repeat the operation, as often and as long as it can be borne. Another remedy is to bruise spotted hemlock, and use the juice with hot water in the same manner, applying the herb as a poultice. Wild clary or nail wort (called whitlow grass) may also be used in the same manner as the hemlock. A poultice of bean flour, in the absence of the other remedies mentioned, is good, and will often cure; but the hemlock is best, and chickweed next.

FEVERS.

INTERMITTENT FEVER OR AGUE.

DIAGNOSIS

Malarial fever, or ague, as I hav e observed its action in England and America, appears to me to be closely related to yellow and several other forms of fever; and the difference in severity is mainly due to climatic influences favourable to the development of the virulent poison, and the depressing influences of damp, hot, debilitating climate. In such a nursery, the poisonous germs are more fully developed, active, and able to act with deadlier effect; especially when the patient is debilitated or even temporarily exhausted by climatic or malarial influences.

Hence, like all epidemics, this fever seems most dangerous when the vital forces are low, either through over mental or physical exertion, or the temporary reaction of alcoholic stimulants.

While the internal fire is kept up, the enemy cannot enter; but once relax, and the strongest must succumb.

Stagnant pools, decaying vegetation, or even a damp, stagnant state of the soil, acted upon by the solar rays (when above the heat of the human body), seem to be the nurseries for the poison.

Whether this virus is vegetable or animal seems to be a disputed point, which even the microscope is at present unable to satisfactorily decide. This much, however, we know,—that some poisonous germ enters the body, when in a state of partial repose or exhaustion, and is then capable of rapid reproduction, causing great and sudden pathological changes—even death. However dangerous this malarial poison may be to animal life, it seems to have the opposite effect on vegetable life, as many plants not only grow, but attain a much larger, healthier, and better development where these poisonous germ-elements are most abundant. They seem to absorb them; and, when placed in the most deadly swamp, gradually free the locality from every vestige of danger. The willow, the eucalyptus, the magnolia, the sunflower, etc., are all examples of this phenomenon.

Running streams of water also appear to carry off much of this evil. Drainage, ventilation, and anything which agitates the atmosphere also have salubrious effects.

I am well acquainted with a large river marsh, which, at one time was a hotbed of fever; but it is now, owing to a railway having been made through it, entirely free.

The microscope has revealed facts, from which we gather a few ideas on the working of the wonderful laws which govern these living germs, and the action they exert on the system when impregnated with them. These embryo seeds of the germ sprout and grow with great vigour when present in the blood, attacking the red corpuscles, and ultimately destroying them, the rate of their progress depending on their vigour or the resistance offered. They may increase at the rate of millions in an hour, and arrive at maturity in longer or shorter periods, these periods defining the different stages of the symptoms. I believe that the fever-stage is the supreme effort made by the system to throw off the fully developed germ; and the sweating stage appears to be the throwing out of the spent poison, or the dead germs

destroyed by the fever-stage. Before this occurs, however, fresh deposits have been made, which go through the process of incubation, during what is called the intermittent stage, destined to produce similar results when developed.

In hot climates, favourable to this disease, where the germs are more active, virulent, and more fully developed, the intermittent stage is scarcely observable, as in yellow fever, when the work is short, sharp, and decisive. As an instance, I well remember, while in South America, walking home with a friend at twelve o'clock mid-day, who, although apparently quite well and in good health, was suddenly seized with this malignant disease, passed through all the agonizing tortures accompanying it, to dissolution; and, such is the rapid progress of yellow fever, and the precautions necessary in hot climates, that, before five o'clock the same day, I had returned home, after having followed my friend's body to the grave and seen it covered.

This disease, when allowed to run its course, or if treated by allopathic remedies, takes many forms and may develop diseases of the blood, spleen, kidneys, or other organs.

My mode of treatment is very effective, if properly carried out, inasmuch as I have never met with a case of intermittent fever in England which I have not been able to thoroughly cure, in a few weeks, and in some cases in a few days; but, before giving my method of treatment, I would warn the reader against the usual allopathic treatment, namely, the use of quinine and arsenic except in highly attenuated, homœopathic doses.

These poisons not only create, but sustain a disease known as dumb ague, with its attendant neuralgic pains, diseased kidneys, caked spleen, gastric disturbances, including all the symptoms of ague proper.

It is the result of a system of treatment which every common-sense person must condemn. These attempts at cure saturate the body with mineral poisons, the deposits of which are worse to remove than the original disease, their presence in the system being more painful and more obstinate to remove.

REMEDY.

My method consists, first, in raising and maintaining, without intermission, a high state of the vital forces by the administration of pure botanic stimulants. This should be done, not only during the

paroxysms, but all through the several intermittent stages, as by keeping the internal fire burning briskly, during the incubation term, will do more towards destroying the malarial germ, in its embryo state, than all the blood-scavengers that can be administered.

The bowels, kidneys, and skin should be kept freely open; the stomach should be thoroughly cleansed by emetics, and kept in tone by stomach bitters, which will act with equal vigour on kidneys, bowels, liver, and skin.

The whole surface of the body should be sponged over with acetic acid, in which wormwood, thyme, or southernwood, has been soaked several days, with a few cayenne pods added. This should be freely used, and the body rubbed well with a dry towel, using considerable pressure, night and morning.

Strict attention should be paid to the spine, which should have the acid applied until the skin turns red all over; it should then be washed off with very hot water, and dried with a coarse towel.

Keep up the perspiration; and don't let the treatment be relaxed for a moment, until all the periods are past, or the poison thoroughly eradicated.

If perspiration is difficult to induce, put hot bricks, wrapped in flannels wet with dilute acetic acid, to the feet and calves. These precautions apply to bad cases; but I have often cured this disease by simple magnetism alone, without any medicine whatever.

The following emetic will be found useful at the commencement of treatment:—

	oz.
Vervain	2
Camomile	1
Bogbean or wormwood	½
Water	1 *qrt.*

Gently stew for two hours. Drink a teacupful, warm, every ten minutes, until vomiting takes place. If this does not occur, after several doses, give half a teaspoonful of ipecacuanha wine or syrup, every few minutes, until free vomiting takes place.

	oz.
Yellow dock seed and root	2
Bogbean or wormwood	½
Burdock	1

Boil in two quarts of rain-water, and pour, while boiling, on to

	oz.
Pennyroyal	1
Thyme	1
Cinnamon	1
Wild marjoram	1
Glycerine	3 *tablespoonfuls.*

Dose.—One tablespoonful. A double handful of black oats will improve its stimulating properties. This infusion should be taken for some time, after the sweating process is over. When convalescent give

Garden rue
Mint
Wood betony } equal parts.

Made the same as the former medicine.

Strong tincture of cinnamon, with avena sativa, are also very useful in this disease. For extreme cases, yellow fever, etc., give a tablespoonful of fresh brewer's yeast every hour for four doses; and afterward every three hours, until the desired effect is produced.

Take every precaution against infection as directed in the treatment of cholera.

MAGNETIC TREATMENT.

The body should be magnetized from head to foot

every day; and twice a day if the fever is raging. It will lower the external temperature, or fever, without affecting the vital forces.

PUTRID FEVER.

We may learn a good lesson from Dr. Cartwright's experiences in putrid fevers. A man who realized his mission, and fortunately had the faculty of extending his sphere of usefulness beyond the limits prescribed by the stereotyped formulæ, from which many, I doubt not equally clever men, dare not depart. Dr. Cartwright felt that he was a man, with a man's responsibilities, and he set himself about his work as becomes a man. He developed his mechanical talents, and invented, amongst many other useful discoveries, the power loom. He industriously applied himself to the acquirement of medical knowledge, and was not afraid to use it for the good of others.

The poor were his friends, and he was theirs, as will appear in the following tale :—

"During my residence at Bampton, near Chesterfield, a putrid fever broke out amongst us. Finding most of my parishioners too poor to afford medical assistance, I undertook to prescribe for them. I attended a boy, about fourteen years of age, who was attacked by the fever. He had not been ill many days before the symptoms were unequivocally putrid.

"I administered all the medicines within the scope of my knowledge; all, however, was of no avail. His disorder grew worse every day, and more intractable and malignant, so that I was in hourly expectation of his dissolution. Being under the necessity of taking a journey, before I set off, I went to see him as I thought for the last time; and I prepared his parents for the event of his death, which I considered as inevitable, and reconciled them, in the best manner I could, to a loss I knew they would feel severely.

"While I was in conversation with his mother on this subject, I observed, in the corner of a recess, a small tub of beer or wort,

working. The sight brought to my mind an experiment I once tried with a piece of putrid meat, being made sweet by being suspended over a tub of wort in the act of fermentation. The idea flashed across my mind, that the yeast might correct the putrid nature of the disease; and I instantly gave him two large spoonfuls.

"I then told the mother, if she found the lad better, to repeat the dose every two or three hours.

"I set out on my journey. After a few days' absence, on returning, I anxiously inquired after the boy, and was informed he was recovered. I could not repress my curiosity; and, although greatly fatigued with my journey, and night was come on, I went to his residence, a distance of three miles in the wild part of the moors. To my great surprise, the boy opened the door, looking well, and told me he began to feel better directly he took the first dose of yeast.

"After I left Bampton, I lived in Leicestershire. My parishioners were few and opulent; so I dropped the medical character entirely.

"One of my old domestics fell ill. The doctor was sent for, and having great confidence in his skill and judgment, I left the man entirely to his management. The disorder, however, kept gaining ground, and the doctor, finding himself baffled in every attempt to combat his disease, told me he considered it a lost case, and that he could not live twenty-four hours longer. On hearing this, I determined to try the yeast, and gave him two large spoonfuls. In fifteen minutes, his pulse, though still feeble, began to get composed: in thirty-two minutes he was able to get up from his bed, expressed himself as feeling quite lightsome. At the end of the second hour, I gave him sago and a stimulant; and, in another hour, repeated the yeast. He continued to recover; and was soon able to go about his work.

"About a year after this, I was riding past a farm-house at the outskirts of the village. I observed the farmer's daughter standing at the door, apparently in great trouble. I inquired into the cause of her distress, and she told me her father was dying. I went into the house, and found him in the last stage of putrid fever. His tongue was black, his pulse scarcely perceptible, and he lay, stretched out like a corpse, in a state of drowsy insensibility. I immediately procured some yeast, which I diluted with water, and poured down his throat. I then left him, with little hope of his recovery. I returned to him in about two hours, and

found him sensible and able to converse. I then gave him a dose of Peruvian bark; I stayed with him, and repeated the yeast. I then left him, with directions to repeat the yeast, alternating with the bark, every two hours. I called next morning at nine, found him out of all danger; and he was soon at his duties. He was an old man, upwards of seventy.

"This is a happy discovery; and I cannot help attributing it to some influence outside myself.

"Reader, judge for yourself. I have no wish to be dogmatical, but I think more than one lesson may be learned from this experience. I strongly recommend its use in all fevers, after the first stage."

Great care should be taken to disinfect the fæces and vomit, before throwing them down the closet, with permanganate of potash, sulphate of iron, muriatic acid, thymol, or sulphur. In fungoid growths, sulphurous acid is one of the best disinfectants.

RHEUMATIC FEVER.

DIAGNOSIS.

The exciting causes of this painful disease no doubt are, cold damp, or wet, inducing chills, which suppress the excretory functions of the skin, thus arresting one of the chief outlets, provided by nature, for the escape of morbid or spent matter. This refuse matter, according to the state of the blood, is more or less poisonous and virulent.

The skin, on becoming deranged, is no longer able to throw off this unhealthy excretion, which is therefore taken up in the circulation and deposited on the tissues. If a low, morbid state of the blood already exists, it simply acts like the match to the already charged mine, to light it up into the destructive fever fire; therefore, without the predisposing cause, this disease could scarcely exist.

I have never yet met with a single case of rheumatic fever which could not be traced to a long-existing cause, that had been slowly but surely increasing, bit by bit, day by day, perhaps for years, storing up a morbid poison, sometimes shifting from place to place, with wonderful eccentricity, until the climax had been arrived at, by even a slight atmospheric change. The suppression of an eruption or rash, of diarrhœa, the water, or anything which tends to interfere with the natural action of the skin; to

suddenly lower the temperature of the body, by drawing the blood from its surface, chilling the minute blood-vessels, obstructing the circulation, and closing the natural outlets, when the vital forces are low from fatigue through exertion of any kind; these causes are almost sure, if a predisposition exists, to unite to bring about a climax.

Many dangerous effects may be warded off, by a little attention to keeping up the internal heat, until opportunity serves to change wet clothing or other unfavourable conditions. Until that can be done the body should be kept in constant motion, and away from any fire. In fact, sitting before an ordinary fire, under any circumstances, is a very unhealthy practice, as the draught caused by the heat passing up the flue makes the spine and back part of the body cold, while the front is hot, thus, upsetting the equilibrium.

REMEDY.

At the first symptoms of this fever give a vapour bath, or put the patient to bed between blankets. Put hot bricks, wrapped in flannels, wet with dilute acetic acid, or vinegar, to the feet, knees, calves, sides, or any part where pain or cold exists.

Get the patient into a warm perspiration which is of more consequence than a profuse one, to relieve the heart, which should be the first consideration.

None but the purest botanic stimulants should be given, as the reaction from alcohol, is dangerous to the heart.

To treat an acute attack of rheumatic fever as I have recommended you to do in any other fever, will be found the safest and the most efficacious treatment.

The chief object should be to restore a free action of the skin, regulate and carefully maintain a natural circulation, by bringing the blood to the surface of the skin; this at once relieves the heart.

Homœopathy has done much in mitigating the suffering inflicted by the old practice, and aconite,

their chief remedy in the first stage of the disease, is, without doubt, a wonderful improvement on the old practice of bleeding, etc. However, my experience with this remedy is, that although its action seems all that could be desired in the early stages, yet its reaction is lowering and debilitating, and tends to weaken the heart's action at a time when a vigorous effort is most needed by that organ. This remedy, therefore, seems to me to be only a modification of the old system of bleeding, etc., with the important improvement of inducing a free action of the skin. I should, therefore, only advise its use by those well acquainted with its properties, and, even then, only in the absence of better things, which we have in abundance: remedies that are safe in the hands of the most inexperienced, being innocent and sure. Any remedy which tends to subdue the heart's action must be wrong. I would rather seek to maintain its vigour and power intact, and assist its laboured convulsive efforts to move the stagnant circulation by restoring an equilibrium. Therefore, relieve this overtaxed organ of its extra burden, by relaxing the skin, either by friction, massage, internal medicine, or any other means which will raise the depressed vital forces to their normal condition. By this means, you protect the heart from that debilitated condition, usually the result of over-exertion, or the use of suppressive measures, while suffering in the acute stage of rheumatic fever. From this cause I believe many complicated disorders arise which might justly be called the secondary symptoms. The incurable forms of dropsy and other complications, which usually finish the victim, are really due to diseased kidneys and weakened action of the heart. These organs are no longer able to perform their functions. It

is, therefore, simple and easy to understand that, by keeping the vital forces in active vigour, relieving the heart by opening and keeping open all the outlets provided by nature for the purpose, it would be as easy to expel the poisonous accumulation from the blood and tissues in this disease as in any other, at the outset.

In addition to the foregoing advice, and from the commencement of the symptoms, the following preparations should be persevered with, alternating them every hour, until free perspiration is produced, and the kidneys are well opened:—

	oz.
Yarrow	2
Burnet	3
Pellitory-of-the-wall	2

Boil in two quarts of water for twenty minutes. Sweeten with treacle or honey, and strain, while boiling, on to five ounces of black oats; or

	oz.
Pennyroyal	2
Queen-of-the-meadow	2
Pleurisy root	2
Burnet or saxifrage	2

Made as before, and poured, while boiling, on to five ounces of black oats. Dose.—A wineglassful every half-hour, until free perspiration is established; then every three hours after. These two medicines should alternate with each other. The whole body, the head, and particularly the spine, should be sponged with acetic acid. Put the patient to bed, as before directed; and make a tea with two ounces of balm, the outer rind of two lemons, water three pints; sweetened to taste with glycerine or honey. Another very refreshing drink may be made of barberries, of which, allow the patient to drink freely, without restraint.

Keep the patient warm; but, if perspiration does not appear soon, rub the spine, legs, arms, etc., briskly, with the naked hand. Have a sponge, wet with strong acetic acid and essence of peppermint, which apply to the skin from time to time, and rub well in. If the stomach is foul, give an emetic. Keep the bowels gently open, and on no account relax your treatment until all pain and symptoms are gone; then fortify the system with tonics, and regulate the pulse with passes over the whole body, from head to feet.

In chronic rheumatism, where the above treatment has not been applied, but the fashionable orthodox methods used instead, with the result that the body is emaciated, the joints enlarged, the heart affected, etc., the treatment must of necessity be slower and more tedious; but the mesmeric passes will remove the pains, and, if persevered in, dissolve the deposits, carrying them off through their natural channels, when all other means have failed.

Even cases that have been given up as hopeless, by the orthodox practitioner, can often be restored to sound health, and, frequently, with a rapidity and ease that appear marvellous. This is particularly the case, when assisted by such remedies as the following.

If the patient suffers from burning sensations in the limbs, let the body be sponged all over, every morning, with diluted acetic acid and essence of peppermint, in the proportion of one ounce of peppermint to one pint of acid, with one pint of water.

Vigorously rub the spine with olive oil, or oil of thyme or marjoram, or both. Rub the rheumatic liniments into the joints, and administer the following medicines internally, which, if persevered in, will cure when all else fails:—

If there is much palpitation, or any heart-troubles, give burnet, heartsease, burdock, willow leaves, and balm, made as before directed.

If eczema or any eruption exists, use clivers, yellow dock, burdock, sanicle, with white poplar bark.

Any of these prescriptions can be mixed according to the symptoms.

Magnetism, massage, and rubbing, however, will do wonders in restoring the enfeebled patient to health.

SCARLET FEVER.

DIAGNOSIS.

The symptoms in this disease are, sore throat, hot skin, sometimes delirium, differing from measles by the absence of running at the nose and eyes. The eruption is so small and close as to make the skin appear to be of uniform scarlet appearance, and, by drawing the back of the nail over the skin, a white streak is produced, lasting two or three minutes; the eyes glisten with an unnatural stare. Secondary symptoms are dropsy, and swelling of the glands. It is both infectious and contagious.

REMEDY.

There is little doubt that scarlet fever is the result of some poisonous matter inhaled into the lungs, and is an effort made by nature to throw it out of the system. Now, to help nature, by increasing the power of those functions, already at work for this salutary purpose, is, I think, the most feasible and proper course. To attain this object, apply the vapour bath or bed-sweats, and keep up a good internal fire, by pennyroyal, rue, centuary, thyme, mint, or any of the modes of treatment already mentioned.

It may, in case of sore throat, be necessary to put a camomile-flower poultice, scalded with diluted acetic acid, on the throat, and kept hot by renewal.

The general treatment of scarlet fever is so similar to measles, and all other eruptive fevers that, in the first stages, it cannot be amiss to apply the same remedies; so that if the judgment be at fault in diagnosing the early symptoms, it is of but little consequence.

As the disease progresses it is easy to distinguish it from measles, as that eruption presents no irregularities to either touch or sight. Keep the patient warm and calm in bed. Give balm, parsley, and mint teas as common drinks.

The teas should be made palatable with the rind of a lemon, sweetened with glycerine or honey, and the patient urged to drink freely.

Barberries, with pellitory-of-the-wall and marjoram, also make a pleasant and useful drink, made into a tea as before, in order that the patient may have a change of beverage to suit the stomach.

Also make the following decoction :—

	oz.
Sanicle	2
Burnet	2
Kidneywort	2
Water	3 *pts.*

Boil twenty minutes down to a quart, sweeten to taste with honey or treacle.

Dose.—A dessert-spoonful every two hours.

MAGNETIC TREATMENT.

Magnetize the body all over with the hands wet with dilute acetic acid. Sponge the body well with warm water and a little acetic acid, two or three times a day. Avoid exposure, and always give the medicine before sponging.

TYPHUS FEVER OR BRAIN FEVER.

REMEDY.

The treatment should be the same as for scarlet fever, with the addition of—

	oz.
Wood betony	1
Sanicle	1
Marjoram	1
Centuary or saxifrage	1
Boiling water	2 *qts.*

Put into the boiling water, and boil down to three pints. Sweeten with glycerine.

Dose.—Half a wineglass, as often as the stomach will take it. Another remedy is tincture of cinnamon, 10 drops, in half a tumbler of water, and a tablespoonful taken every half-hour, cold.

In poulticing any eruption, sprinkle plenty of pulverized cinnamon on the poultice before applying.

FISTULA.

DIAGNOSIS.

This is often caused by constipation, which distends the lower bowels beyond their capacity, causing cracks and abscesses, which are prevented from healing by the movement of the bowel and sphincter; hence the generation of fluids and gases which cause ulceration of the mucous membrane.

It consists of a tube-like passage, opening into the bowels, and assumes several different forms or stages; sometimes, more than one or two forms are present at the same time. The early stage is generally indicated by a small hard lump, which enlarges, with considerable pain, until the abscess is discharged; but there still remains an opening which discharges gas, internal mucus, and fluid fæces, causing considerable irritation and unpleasant sensations.

REMEDY.

I advise, at the earliest appearance of this trouble, a pessary or plug of cotton wool, about the size of a

walnut, thoroughly saturated with burdock ointment or pinus canadensis, and passed well into the rectum, which should be washed out with an injection of borax and water *before* its insertion.

If this be done on going to bed, and the loins kept a little high, the bowels will retain the full benefit of the remedy.

This simple ointment, if properly and frequently applied, will have wonderful effect, and often cure; but if the case is far advanced, use the celandine ointment, as described, for a week or two, applied in a similar manner, then follow with burdock. Inject an infusion of hydrastis canadensis, bugle, or ragwort, alternating with each other.

Administer internally—

Silverweed,	equal quantities in weight.
Sanicle,	
Yellow dock-root,	
Extract of butternut,	

Boil in enough water to cover the herbs well, for fifteen minutes.

Dose.—A teaspoonful three or four times a day, or just sufficient to keep the bowels gently open.

In nine cases out of ten, this will do what the knife, ligatures, the ekraseur, or any other mechanical appliance cannot do, with much less pain, inconvenience, and danger, and more permanent good.

MAGNETIC TREATMENT.

These remedies will be enhanced and accelerated by the application of magnetism to the spine.

Let one hand lie on the bottom of the back, and point the fingers of the other on the opposite side without contact.

Also thoroughly magnetize the plug before its insertion.

The wearing of a well-magnetized linen or cotton bandage over the part, will be found to facilitate the cure.

GANGLION.

DIAGNOSIS.

Violin-players and pianists who practise excessively, and many other persons who use the wrist daily, in one monotonous direction for long periods, are sometimes attacked by a small knotty lump, about the size of a hazel-nut, or smaller, on one or more of the tendons at the back of the wrist, attended with slight weakness, but, fortunately, seldom pain.

It is no doubt caused by excessive action of the part affected; or through a sprain. Other injuries, even at some part of the arm, may be the cause, an example of which I remember, in the case of a gentleman whose fore-arm was injured by a gun-shot; and several other cases of a similar character.

REMEDY.

Apply a strong tincture of field-daisies, and use the pulp as a poultice, occasionally. Also knead the parts well with the fingers. Tincture of poke-root (phytolacin), used in a similar manner, is very efficacious; or a darning-needle should be dipped in acetic acid, and inserted into the centre of the knotty lump; and, after withdrawing it, well knead the lump, forcing out any matter it may contain. Then apply a pad of lint, saturated with hydrastis canadensis, strap tightly and cover with oilskin.

This will often disperse it within a short time.

GANGRENE (see *Mortification*).

GATHERED BREASTS.

These may arise from many causes; but they frequently occur during lactation.

REMEDY.

The milk should be carefully drawn off by the breast-pump, and hot poultices of any of the following should be applied:—linseed meal, chickweed, or common mallow. Best of all, however, are linen cloths, saturated with linseed oil and spirits of camphor, in the proportion of four parts oil and one part camphor. Apply, but change often.

The bowels and kidneys should be kept gently but well open.

MAGNETIC TREATMENT.

Magnetize the head and spine, and over the breasts, without contact.

If the cause be traced to cold, the whole body should be magnetized and kept warm.

Administer the following, made as a tea:—

Balm,
Raspberry leaves,
Cat-mint,
} equal parts.

Sweeten with honey, and let the patient drink freely as a beverage.

GLANDULAR SWELLINGS.

Enlarged and swollen glands of the throat and neck are usually confined to young people; and when inflammation and suppuration set in, the pus being curdy, it often arises from the growth of tuberculous matter, and the mark or cicatrix left is frequently very prominent and unsightly.

REMEDY.

The treatment for these swellings is the same as that for scrofula.

A poultice made of common garden marigold

flowers, gently stewed in the oven, with a little water until they become a slimy pulp, and put, every night, on the scar usually left by this affection, and removed in the morning, will, if continued with and persevered in for a little while, effectually absorb the cicatrix. Any mark or scar occasioned by this or any other cause may be removed by this application.

MAGNETIC TREATMENT.

Thoroughly magnetize the feet and spine.

GONORRHŒA.

DIAGNOSIS.

An inflammatory and contagious disease of the mucous membrane of the genital organs, propagated, generally, by contact with a poisonous pus. Other parts of the body than the genital organs may be affected, and give off this contagious virus. Exposure of the male organ to cold winds, contact with a strange or dirty w.c., a weakened, scrofulous constitution, want of cleanliness, vitiated menstrual fluid, gouty, rheumatic state of the blood, with many other causes, predispose to this disease.

About the third day after inoculation the following symptoms set in :—inflammation, itching, redness, swelling, pain, heat, and a slight milky discharge. This discharge soon becomes profuse, with scalding pain in making water, and often stoppage. Much irritation of bladder, with great and frequent desire to urinate, pain in the groin, and dragging sensations about the loins, etc.

It becomes dangerous to a whole household, being contagious, unless precautions are taken, not only to stamp it out, but also to avoid using the same towels, utensils, or any other means by which it may be conveyed from one to another. Many innocent persons have suffered grievous wrongs that have lasted a lifetime, and breaches have arisen among perfectly moral and virtuous families because a member has accidentally become the unconscious victim of this loathsome poison.

REMEDY.

Strict attention to cleanliness and diet, with total abstinence from spirits, wines, beer, or acids.

Anything that will prevent acidity of the stomach will do much towards a cure.

Plenty of borax should be dissolved in some water, and the parts should be washed several times a day. The washing should be thoroughly done, and a syringe freely used.

A solution of sulphate of zinc, instead of borax, may be used, and, after the washing, use diluted Condy's Fluid. An injection of a teaspoonful of hydrastis canadensis to half a pint of tepid water should be thoroughly injected into the passage, several times a day. Administer the following medicines :—

	oz.
Balsam of copaiba	1
Compound syrup of eucalyptus	4

Mix thoroughly.

Dose.—One to two teaspoonfuls, three times a day in water, to be taken regularly.

Another remedy :—

	oz.
Tincture of heartsease	1
Tincture of hydrastis canadensis	1
Tincture of American mandrake	½
Tincture of wood sanicle	1
Tincture of bayberry bark	1
To which may be added oil of cubebs	½
Scalding water	2 *pts.*

Dose.—Half a wineglassful three times a day.

Another remedy :—

	oz.
Tincture of blue flag	1
Tincture of golden seal	½
Tincture of poke root	¼
Tincture of queen's delight	1

Dose.—30 drops in half a wineglass of hot water, three times a day, half an hour before meals.

Another remedy :—

	oz.
Clivers	3
Kidneywort	2
Burnet	3
White poplar bark	1
Water	1 *qt.*

Boil 20 minutes; strain and sweeten with glycerine or honey to taste. Drink this instead of plain water, when thirsty. If, through neglect, the poison affects the glands of the groin, a tumour may form, which soon swells with much redness of skin, and in some cases suppurates. Whether broken or not, from its first stage bathe freely with any of the following :—

Common mallow or pansy, boiled into a very strong infusion.

Tincture of blood root; hydrastis canadensis; or southernwood.

For healing, use the burdock salve.

The following is a remedy for any chronic gleets, irritation of the bladder, weakness of the ducts, or inflamed prostate :

	oz.	
Privet	1	
Clivers	1	
Centuary	1	
Burdock root	1	
Water	1	*qt.*

Boil 20 minutes and sweeten to taste.

DOSE.—One wineglassful.

The greatest of all specifics for this loathsome disease is cleanliness; thoroughly wash and syringe the parts as directed; then inject tincture of eucalyptus well into the bladder, as strong as can be borne, without too much irritation. This thoroughly destroys every germ, and is the quickest, safest, and most effectual cure known, provided abstinence from impure bad habits be strictly persevered with.

GOUT.

DIAGNOSIS.

This is an inflammatory disease generally produced by uric deposits

Uric acid may be manfactured in the stomach from an overabundance of animal food, wines, malt liquors, etc., which from want of sufficient exercise, cannot be digested, but ferment, causing heartburn, acidity, flatulence, pain in left side of chest, palpitation, dry skin, restlessness, etc.

These symptoms are often aggravated, and the health of the patient utterly destroyed, by the use of carbonate of soda taken for the temporary relief of heartburn and acidity of the stomach. This pernicious practice has ruined and destroyed the digestive powers of thousands, by forming, in combination with the uric acid, an almost insoluble concrete. This concrete is deposited wherever the vital forces are deficient.

Soda also depresses the nervous system to such an extent, as, in numerous cases, to indirectly cause paralysis; or by depositing on the membranes and small bones of the ear, deafness. It is deposited in that part of the system which is unable to throw it off. I may therefore safely affirm that uric acid is the predisposing cause of nine-tenths of the diseases from which we suffer. This predisposition renders us susceptible, through the slightest

excitant, to innumerable local diseases. The so-called chalk-formations are not really chalk, but this concrete formed by uric acid and soda, deposited in the joints and other parts, it causes neuralgia, congestion of the liver, palpitation, and other heart troubles, syncope, piles, anæmia, toothache, bronchitis, diseases of the kidneys, pains in the head, eyes, ears, asthma, gonorrhœa, gravel, and numerous other diseases.

Any remedy that will stop the formation of this acid in the stomach, or effectually neutralize its action, and assist nature in removing it by the natural channels, must prove a blessing to mankind. However, this appears to be impossible by any mineral medicine; they all, without exception, form a concrete of some kind when united with this acid, and deposit more or less; further, many of them lower the nervous system to such an extent as to render the patient liable to all manner of diseases, when exposed to climatic or other influences. The true natural remedy proves the superiority of the botanic medicines; they alone can be properly assimilated, and a perfect curative action relied upon, when the whole undivided properties of the herb, adapted to the case are administered. They should be prepared, as near as possible, as nature sends them. For example, quinine, as administered in extract, always deposits, because those properties of the bark which would carry it through the system are separated from it in the process of extraction, rendering it unnatural and inert. Similar objections apply to all preparations or combinations which have their natural formation broken up or divided, and some of their parts rejected, as by this means their assimilating properties are destroyed. However good an herb may be, when its properties are divided, it becomes unnatural, worse than useless, and, like quinine, often mischievous.

The natural, innocent, but effective antidote for this uric acid is burnet, combined with kidneywort. They have the power to at once neutralize and carry off all acidity from the stomach, without injury to the kidneys or any other organ. Their action is rather to strengthen the stomach, flux the gall, open the skin, and, by restoring the functions of nature to their normal condition, gradually remove obstructions.

While the faculty are altogether without a remedy of this kind, nature has produced more than one, in abundance: they may be gathered in every field, garden and roadside, in England, burnet, (either the larger or lesser) and kidney wort. Combined, they have all the properties required for this purpose, and many others very beneficial; but for removing acidity of the stomach, quickly, pleasantly, and safely, they stand unrivalled. I have used them for many years with unvarying success; and, as they are perfectly free from poisons or injurious after-effects, they may be taken with safety in unlimited quantities by the most delicate. These herbs, if taken freely for some time, will prove a complete specific for this scourge of mankind. They may also be combined with other plants, where complications exist, white poplar bark, liver wort, pellitory-of-the wall, willow bark or leaves, will assist where there are chronic diseases; but, while applying these remedies for the removal of the evils already existing, every effort should be put forth by the patient to assist them, by strict attention to diet, and by abstaining from those articles of food and drink which every intelligent person may easily discover to disagree with the stomach.

Smoking after meals seems to set up a chemical action in the stomach, turning the food acid. Beer,

wine, and particularly port and sherry, appear to be great atagonists of digestion; but everyone, who wishes to be emancipated from this cruel enemy, must watch for and avoid all those things which are found to turn sour on the stomach.

MAGNETIC TREATMENT.

In an inflammatory attack, first of all magnetize the whole spine, to give vitality, then the parts locally affected, passing off at the nearest outlet. Keep the hands damp, and frequently washed in cold water; this is always necessary in inflammatory diseases. Make passes over the whole body to equalize the circulation.

In bad chronic cases, where the patient is bed-ridden, and much inflammation exists, if it does not yield readily to the passes, sponge the whole body, every morning and evening, with diluted acetic acid two parts, and essence of peppermint, one part; or, acetic acid in which blood root or wild sage, or wormwood has been infused for several days. If there is very much inflammation, or deposits in the joints or feet, magnetize those parts well, and then put on a poultice of chickweed and spearmint, pounded into a pulp, then made hot, and applied to the most painful parts.

Let the poultice be as large as possible, and as hot as can be borne; and cover the whole with oil-skin, or other waterproof material, to keep in the moisture and heat.

If the patient is much emaciated, the spine should be gently massaged, and by degrees the whole of the body. Great care should be taken not to set up inflammation; or to put the patient to any unpleasantness or pain.

The spine may be rubbed every morning, for half an hour, with phosphor oil.

GRAVEL.

DIAGNOSIS.

This disease takes many forms, according to the state of the liver and nervous system, and the many various causes, such as overwork, anxiety, venereal excesses, the use of potash, soda, and other unnatural medicines.

The symptoms usually indicating gravel are different, according to the form taken, and this may alter and take various forms in the same person; but an increased frequency in passing water in the daytime while active, and less when at rest at night, is one indication; pain in the glans penis while passing water, and usually after; also in the bladder, with irritation or a feeling as if the bladder was not emptied; pains in the back and hips, pinkish matter in the urine, brick-dust deposits, &c.

There are few people who have not suffered at some period of their life with this troublesome and often dangerous effect of a disordered stomach, and non-assimilation of food.

All these symptoms indicate the existence of this disease in some form; and, as the great factor is the stomach, at the earliest indication, steps should be taken to correct the source of the evil. This may easily be done with botanic treatment, while, at the same time, the local trouble is being removed, with safety and ease, without any surgical operations, which are very painful, and often fatal.

Notwithstanding the many forms taken by this disease, whether phosphoretic, oxaluria, red or white, etc., botanic remedies cover the whole ground, and do no harm to any other organ. These remedies are perfectly safe, even in the hands of the inexperienced; therefore, once discover that any form of this disease exists, without studying the many effects or mystifications, as to the scientific divisions and

names, get the following remedies, and apply them without fear of danger.

During the first week administer—

	oz.
Clivers	3
All-heal	2
White poplar bark	2
Catmint	2
If the patient be stout, ash leaves	2

Made into a simple infusion.

Dose.—A wineglassful, three times a day.

If a stone has already formed, take any of the following herbs singly, alternating with the above medicine, viz.:—gromwell, grey millet, seed of wild carrot, or centuary. Make into a simple tincture. Dose.—20 drops in a little water, an hour before meals. I know an old man in whose word I have great confidence, and he assures me that he cured himself of stone in the bladder by sucking a piece of saltpetre, about the size of a horse-bean, morning and evening, and that since its complete removal he has continued the habit every night only, with the best results. I also remember hearing a celebrated physician assert, at a lecture, that a piece of saltpetre, the size of a large pea, sucked the last thing at night, will effectually prevent the formation of calculi.

How far this simple remedy is efficacious, I leave the reader to discover. It can do but little harm; yet I would rather rely upon correcting the source from which the trouble springs; for although I have not the slightest doubt it would be beneficial in some cases, there is room to fear its chemical action in certain states of the blood.

MAGNETIC TREATMENT.

Magnetize the spine, and afterwards the whole body; it gives increased vitality, and assists nature to absorb and throw off these deposits.

GREEN SICKNESS (CHLOROSIS).

DIAGNOSIS.

Often prevalent among young people, about the age of puberty. It is usually accompanied by languor, falling away of muscle, colourless lips, yellow or greenish tint of the skin, with wax-like appearance, dry quick pulse, eyes prominent, heated breath, coated tongue, constipation, severe pains in the head, general debility, and is often due to want of open-air exercise, over-study, mental excitement, or unhealthy food.

REMEDY.

At this important period of life, every attention should be paid to the vital changes taking place. There should be entire freedom from mental anxiety, plenty of fresh air and sunshine, with plain but nutritious food. Herbal tonics should be administered, such as kidney wort, bogbean, angelica root, wood betony, wood sage, sanicle, or rue. Any combination of three of the above, will work well. An excellent medicine may be made of the following herbs :—

	oz.
Bugle	2
Sassafras chips	2
Burnet	3
Calamint	2

Make a simple infusion, with boiling water; and sweeten well with honey.

Dose.—A wineglassful three times a day.

Also take three or four pieces of hoop iron, fasten them together at one end, then insert the loose ends in the fire, and heat to a black red; knock off the

ashes, and plunge into a glass of milk; stir it about, and drink.. Repeat this two or three times a day, between meals. With adults, some solid, such as a biscuit, should be taken with it.

Another equally serviceable remedy is a teaspoonful of powdered mullein mixed into a paste with a little milk, in a glass, and boiling milk poured on as required; let it stand ten minutes and drink; or the two may be used alternately.

MAGNETIC TREATMENT.

Healthy, vigorous magnetism, applied every day, will be found the most effectual restorer of the vital forces, with a free use of the phosphorized oil to the torpid spine. This oil should be well stroked into the spine every night, for twenty minutes; and passes made from head to foot for twenty minutes more. To persevere with this treatment will soon bring the roses into the faded cheeks.

GUMBOILS.

DIAGNOSIS.

A small painful abscess, usually commencing in the socket of the tooth, and often spreading over a portion of the jaw; sometimes accompanied with swelling, and occasionally affecting the whole jaw and cheek.

REMEDY.

I have found a strong tincture of hydrastis canadensis to be a specific in these cases, subduing the inflammation, drying suppuration, and giving ease in a few minutes. It also stops decay, and preserves the gums and teeth in a healthy condition, but does not improve their colour.

Put a teaspoonful of the strong tincture in the mouth; let it well saturate the teeth, down into the roots, work it about, and retain it as long as

possible. Repeat this every hour or so, until relief is obtained, and then occasionally afterwards. If some be swallowed, it will do no harm, but good.

MAGNETIC TREATMENT.

If the cheek and neck are inflamed or swollen, magnetize the back of the head, pass over the parts affected, and off at the arm; also down the spine and legs, to give vitality.

HICCOUGH.

DIAGNOSIS.

A spasmodic affection, generally due to some form of indigestion, and in infants, is often an indication of acidity or other derangement of the stomach.

REMEDY.

Lime-water in the milk is the general remedy; but I much prefer catnep, watermint, caraway seeds, or burnet. Any of these scalded, and the liquor added to the milk, will have a good effect; or a teaspoonful of powdered slippery elm bark, well boiled in half a pint of water and added to the milk, will help digestion, sooth any irritation of the stomach, and be found very nutritious.

If persistent, stroke the naked spine with pressure; also stroke the stomach downwards, and continue until the skin turns red.

HIP-JOINT DISEASE.

DIAGNOSIS.

Long before this serious disease is suspected to be other than growing pains, it may have assumed a form which proves troublesome to remove; and, by the swelling at the knee, often misleads, causing many to think that the seat of disease. However, if pain be produced by pressing on the front or back of the hip, by laying the child on its back and sharply pushing the leg upwards

or by making the child stamp on the heel, it is a strong indication that, notwithstanding any pain or swelling of the knee or ankle, the seat of the trouble is the hip.

REMEDY.

The best means of cure for this almost incurable disease is magnetism, which should be applied at once.

Any of the following applications should be well rubbed into the lower portion of the spine, two or three times every day, until it is red :—

	oz.
Olive oil.....	1
Oil of thyme	1

Or, an ointment made of lesser celandine, and goose grease; or hot compresses, wet with a strong decoction of bugle, clown's woundwort, or ground ivy, or wormwood, or eucalyptus leaves.

Administer internally :—

	oz.	
Clivers	2	
Sanicle	2	
Yellow dock root	2	
Water	1	*qt.*

Boil and sweeten with honey.

Dose.—A tablespoonful three times a day.

MAGNETIC TREATMENT.

Magnetize the spine well, then draw the hand over the hip, down the leg, and off at the foot, just allowing the finger-tips to touch as lightly as possible. Point the fingers of both hands directly over the place affected, about half an inch from contact. This treatment will apply in all stages of the disease.

HOUSEMAID'S KNEE.

DIAGNOSIS.

So called because often brought about by kneeling or pressure. There is swelling and tenderness over the joint, and, if not

attended to, the pain becomes severe, with inflammation and suppuration; if neglected, the soft swelling gradually assumes the form of a hard fibrous tumour.

This complaint is often combined with rheumatic complications, and is frequently the result of uric deposits.

REMEDY.

My mode of treatment is to cleanse the blood of the inanimate particles by correcting the kidneys, promoting the action of the skin and bowels, and by regulating the digestive organs, as formerly directed, preventing the formation of acid in the stomach. If suppuration has taken place, a poultice of groundsel, or celandine, or rue, or sweet marjoram, or common mallow, will assist in allaying the symptoms, and remove the humour without injury to the interior of the joint. A poultice of fuller's earth is also often of great benefit.

MAGNETIC TREATMENT.

First, thoroughly massage the knee, then magnetize the lumbar regions, down the hip, over the part affected; and then magnetize from the knee down the leg, and off at the toes.

HYDROPHOBIA.

Human beings, and almost all animals, are liable to become victims to this dreadful affliction. The smallest particle of virus seems to be sufficient, when taken up by the absorbents and carried into the circulation, for the propagation of this horrible disease.

Many curious ideas exist on this subject, such as,—that if a person be biten by a dog which is not at the time suffering from rabies, and the animal is allowed to live and afterwards becomes mad, the person previously bitten will also become mad; and

in order to avoid this contingency, it is often insisted that the dog should be at once killed. No more erroneous or superstitious fallacy ever gained public credence, and it has the further disadvantage that, the dog being killed, it becomes impossible to decide whether it really suffered from rabies at the time of the bite, and the person bitten is left in uncertainty, for a long period, as to whether or not the virus of hydrophobia has been inoculated.

Great precautions are taken to prevent the introduction of this disease into the Australian colonies, where it has never yet made its appearance; and six months' quarantine is strictly enforced on every dog imported from other countries. Up to the present time, either from these precautions or some other cause, no case of rabies, either in man or beast, has ever been known there, notwithstanding the large number of wild dogs in the interior—a fact that goes a long way to prove, that hydrophobia is not indigenous in the canine race.

This disease can not only be propagated by inoculation, but such inoculation may occur through the simple licking of the hand, by either cat or dog, if a scratch or slight abrasion should exist. This fact should act as a warning to those unnatural people who, to their shame, nurse and fondle these animals as if of our own species.

The cravings of a properly developed organism for something to pet and love, would be much better and more fully satisfied by devoting these God-given faculties to the training of our own species, although we may have to take our pet from the gutter. The lowest type of humanity must have a greater claim on us than the brute of whatever kind. I pity the man or woman who, with morbid tastes, would pass

by a sweet, helpless, motherless babe, and bestow their love and kisses on a cat or dog, whose breath may be reeking with foul contagion. Thousands of poor little Oliver Twists pass through an unhappy childhood, without ever knowing the inestimable sweetness of a mother's kiss—the kiss with its magnetic influence, that tingles from the lips and sinks deeply into the heart: a fixed influence and power for good, that all the evils of after-life cannot remove. They may profess to be followers of Him who said, "Suffer little children to come unto me," &c. Are they carrying out the command, "Feed my lambs," by substituting an animal for a divine image of God?

On the other hand, the opposite extreme is quietly tolerated by those influential, highly civilized people, who witness, without a single protest, the most cruel tortures that satanic ingenuity can invent, on these favourite animals. It requires somewhere between fifty and seventy animals to be driven raving mad, by having the poisonous virus of rabies injected into their system, in order to produce the matter with which M. Pasteur inoculates his patients, in his diabolical efforts to perpetuate the abominable theory of attempting to cure one disease by the infusion of another into the system; but I consider he has miserably failed, notwithstanding the coloured reports of interested parties. Who shall say, that when once this horrible poison is infused into the blood, it shall not burst forth at some future period of the patient's or his offspring's life, when the germ becomes developed in a form that we shudder to contemplate?

Future generations may curse the scientific cranks of this age. Who can foresee the ravages of a fire kindled by this poisonous spark?

Would it not be more consistent with true science, to seek a safe and innocent antidote, not procured by the sufferings of innumerable animals, or by the means already known? Many much better authenticated cures of rabies than those attributed to M. Pasteur have been made by simple, safe, and humane methods. Why will not these men give such remedies their serious consideration? Or are they bent upon propagating, at any risk, this and the kindred theory of vaccination? Is it a ruse to find a plausible excuse in necessity for the horrible cruelties of vivisectors?

REMEDY.

The following receipt for hydrophobia is taken from a tablet in Calthrop Church, in Lincolnshire, and the same receipt is in a similar manner exhibited in Bradford Church, in Wiltshire. These tablets relate, that of many people who were bitten in those towns by mad dogs, all who partook of this medicine got well, and the rest died.

Bruise together :—

	oz.
Rue leaves	6
Garlick (leaves only)	4
Add—	
Venice treacle	4
Scrapings of pewter	4
Strong ale	2 *qts.*

Boil over a slow fire, until one pint be evaporated. Keep it for use in a close-stoppered bottle.

DOSE.—Nine teaspoonfuls for a man or woman, and seven for children, given seven mornings fasting.

This, the tablets declare, never fails, if given within nine days of being bitten.

In the province of Jula, in Russia, every case of

rabies is stated to be cured by the bulbous root of water-plantain, gathered in August. It should be dried and administered, grated on bread and butter. Three or four doses are supposed to be sufficient.

This remedy, although simple, is well authenticated, and during the twenty-five years this herb has been employed, it has never failed, either with dog or man.

Apart from these simple remedies, my own method of treatment would be as follows :—

As soon as possible, or directly after the person is bitten, the wound should be sucked, with all the force possible, to remove the poison and encourage bleeding, either by the patient or someone else. There is no danger if the blood is expectorated immediately.

Tie a ligature between the bite and the heart. After several minutes' vigorous sucking, dig a hole in any fresh earth, and, if convenient, bury the part bitten, covering it well over with wet earth. Make the patient as comfortable as possible, and let the part remain buried at least an hour. If the part cannot be put under ground, make a large wet poultice of garden mould and cold water, and apply it on the place where bitten. Renew it after half an hour, but have the second one ready to put on before the first one is removed.

Administer the following infusion freely :—

	oz.
Rue	3
Sanicle	1
Water or catmint	2
Boiling water	3 *pts*

Sweeten with glycerine or honey, to taste.

Dose.—Large wineglassful frequently, until free perspiration is set up ; after which, three times a day.

A vapour bath should be given once or twice a day, for a week ; and a large dose of the above infusion given before going into the bath, in order to set up internal heat.

MAGNETIC TREATMENT.

Magnetism in this disease, is a matter of experiment. I cannot speak from experience, as I have never had the opportunity of applying it ; but I feel confident it would do much good, as it would calm the nerves, reduce any inflammation or fever, quiet the paroxysms and, possibly, prove an antidote to the poison. However, judging from analogy, it must prove a powerful ally ; and if the mesmeric sleep could be induced, the patient's sufferings would be completely at an end.

After administering the medicine and vapour bath, let the patient be placed in a recumbent position, and then magnetize the whole body from head to feet. If the case is urgent, rest awhile after each operation and commence again. There is no need of contact nearer than within six to twelve inches. If the bite is recently done, magnetize the part, drawing the hands in the opposite direction to the circulation, and off at the first outlet, or away from the heart. Example :—If the injury be in the arm or hand, make the passes from about six inches above the wound, and draw them off at the extremity.

I would advise all the other treatment to be gone through for safety, although this may apparently succeed in destroying the virus.

Last winter, I had the pleasure of curing, through magnetism, a young officer, the son of a well-known Spiritualist, who was home on a visit to his parents

in London. He had seriously sprained his thigh, while riding in India. He became much interested in the treatment and anxious to try to dispense this blessing to others, whenever an opportunity should offer. I therefore gave him some instruction; and, since his return to India, he has been the means of saving the life of a poor fellow who was bitten by a poisonous snake; and although the man, when he commenced to magnetize him, was, to all appearances, in the last stage and past recovery, he soon had the satisfaction of seeing him restored to health and vigour.

Judging from this, and several other cases of snake-bites and scorpion-stings, that I have known to be successfully treated, I feel convinced, that vital human magnetism should prove almost a specific, if not a complete cure, for hydrophobia.

HYPOCHONDRIASIS.

DIAGNOSIS

Severe shocks to the nervous system, disappointment in some desired object, indolence and its opposite, overwork, brain fag, organic diseases of the liver and stomach, sexual indulgence, hereditary predisposition, with numerous other causes, tend to the development of this unhappy state. It is accompanied by whimsical and irregular appetite, with constipation and burning uneasiness at the pit of the stomach.

None of these symptoms should be neglected. At the commencement, whimsical imaginations, with dread of some impending evil, are almost the earliest symptoms, while, as the disease progresses, the most marked mental disturbance will sometimes appear—sullenness, indisposition for company or conversation, inability to perform usual duties, inclination to weep, debility, derangement of the uterine functions, kidney troubles, with outrageous fancies, such as a fear of poverty, although the patient may be rich, dread of moving about for fear of breaking a limb; loss of hope in the future, with other distressing fancies.

REMEDY.

To rouse the patient from this morbid condition,

by any available means, is very desirable. The stomach, kidneys, and bowels must be got into a healthy condition, by pure botanic stimulants and tonics, of which there are an abundance; but the greatest and best, because they are sure, safe, and pleasant, are wood betony, melancholy thistle, and wild thyme; there are many others, but any one, or all of these in combination, will, if persevered with, do wonders, without the slightest injury.

MAGNETIC TREATMENT.

The application of magnetism in these derangements will do more than all other remedies.

Commence by making passes, for from 15 to 30 minutes, from the top of the head, down the spine, and off at the hips; but about every third pass should be carried over the shoulder, down the arms, and off at the finger-ends. Then make passes from the brow, down chest, and off at the stomach, for from 15 to 30 minutes.

Also make passes from knees, down the legs, across the instep, and off at the toes, without contact, for ten minutes. Then let the patient stand up, and lean with the hands on the back of a chair, while the operator sits in a chair at the back, and makes passes from between the shoulders, or as far as he can comfortably reach, down the spine and lumbar regions, separating the hands across both hips.

HYSTERIA.

DIAGNOSIS.

Is often connected with some functional disorder of the womb; but not of necessity confined to that cause, as it sometimes exists, in some of its many forms, among men of highly nervous temperament.

REMEDY.

Its origin is often difficult to trace, and its per-

manent cure not easily effected. Sea-bathing, sponging with acetic acid over the whole body, a bracing atmosphere, abstinence from all alcoholic stimulants, cheerful society, plain wholesome food, with magnetism thoroughly applied over the whole body, and the application of the following medicine, will soon produce an improved condition :—

	oz.
Motherwort	2
Valerian	½
Burdock seed	2
Water	1 *qt.*

Boil and sweeten with honey or glycerine, and, while hot, pour the infusion over six ounces of black oats. Strain and bottle for use.

Dose.—Half a wineglassful, three times a day.

IMPETIGO—CRUSTED SKULL.

DIAGNOSIS.

A disease common among children, sometimes contagious. It is a purulent inflammation of the skin, with somewhat severe eruptions, which occur in clusters. These clusters unite, break, and discharge a yellow matter, which dries and forms into a crust beneath which the discharge of the matter continues. As the crust falls off, it leaves behind a very sore surface, and, at the same time emits a very offensive, fœtid, sour odour. Sometimes the whole of the head and face become covered, like a mask.

REMEDY.

The early stage of this disease may be met by an ointment made of garden rue, southernwood, or blood root, or bayberry bark, in the manner elsewhere described.

When, however, the head becomes covered with a thick scale, it will be better to take common chickweed; bruise and boil it into a pulp; strain, and sponge the head with the liquor; then put the pulp

over all the parts as a poultice. This will soften and remove the cake, reduce the inflammation, and, if continued a few times, completely cure.

The head should be kept covered from the atmosphere, except while washing with the lotion, and the poultice should be put on immediately, and kept on night and day.

Catnep will answer the same purpose, and for some constitutions will be found better. Knapweed is also equally good.

After the head is clear of the disease, and skinned over, an ointment made of white lilies and lard, as directed, will establish the cure and restore the hair.

INDIGESTION.

DIAGNOSIS.

Every competent engine-driver knows the quantity and quality in respect of fuel, best adapted to keep up a regular and efficient supply of steam; also the importance of keeping his flues and draughts free from obstructions, in order that the fire may burn briskly and generate steam, with ease and regularity. He knows that an overcharge of fuel, or inferior quality, would reduce the motive power at once. Now the stomach is to the body what the furnace is to the engine. Directly it becomes overcharged, or fed with food for which it is not adapted, it becomes deranged, the liver clogs, the natural channels are obstructed, and the vital forces lowered.

To describe the symptoms shown in indigestion would occupy more space than I have at command; for, although this subject is of the most vital importance to health, it can scarcely be misunderstood, when any of the symptoms appear. I will, therefore, endeavour to show the best, safest, and most effectual means of assisting nature to restore the digestive organs to health and vigour.

REMEDY.

Nature cries out, but remedies are applied to the

local parts affected, instead of striking at the root or cause of the trouble. Morbid habits of living, instead of being discontinued, are still indulged in, until their gratification becomes a necessity, and the over-wrought stomach can no longer perform its functions.

I remember dining with a dyspeptic, in whom this habit was largely developed. One dish in particular took his fancy, and, after partaking of it freely, he made the following remark:—"I know I shall have to pay a heavy penalty for my indulgence; but I like it very much, and should take a little more, but I am afraid. Never mind, I'll risk it, and take a couple of blue pills to-night."

Who can wonder at nature refusing to be propitiated by a couple of blue pills? Common sense revolts at such sacrilege; and nature exacts a fearful penalty.

Nine-tenths of the diseases from which we suffer, arise, directly or indirectly, from these causes.

A small percentage of stomach-troubles may proceed from such causes as an injury to some nerve-centre, too much hurry at meals, overwork, want of exercise, sudden alarms, sameness of food, spirit-drinking, nervous irritation, want of sleep, long abstinence, tea and coffee drinking, congestion of the spine, all these may tend to deprive the digestive organs of their healthy natural power. Hence, in treating this disease, care should be taken to discover whence the trouble begins, and then, to carefully remove the cause and assist nature to right herself and regain her lost powers. This should only be done by natural means, such as plain, wholesome and nutritious food, with as much variety as convenience will allow; all vegetables should be well cooked, with more regard paid to the digestive properties than to

their appearance when brought to table. All fresh meat should have the water drawn from it, by covering it with salt several hours before cooking it, particularly pork and beef; and, further, all animal food should have arrived at maturity before being killed. Salt should be freely taken, although, in some quarters, a strong opinion exists to the contrary. Since, however, my attention was first called to this disputed point, I have made inquiries of every strong, healthy, vigorous old person I have met as to whether they have been accustomed to eat salt, and, with one exception only, the answer has been :—"I have always used salt very freely," and in many of these cases, they asserted that they were in the habit of using salt in what many would consider immoderate quantities. But your own experience is your best guide in this matter.

In the beautiful and wise dispensation of nature's laws, ample provision has been made for all these ailments, whatever may be the form which they assume ; and if administered as sent (for they are distributed over the whole earth with lavish profusion) their efficacy will be appreciated by every intelligent person. These natural remedies are growing on every wayside, and, among them, plants possessing properties which, in themselves, meet every trouble.

Burnet, for instance, while acting as a sure antacid, gives even more prompt relief than carbonate of soda, and, unlike that destructive mineral, leaves no deposit, but strengthens the digestive powers, heals the stomach, bowels, and kidneys, and acts as a pure nerve-stimulant, giving tone to the nerves without any reaction. Let anyone who is troubled with acidity or heartburn, take a tablespoonful of an infusion of burnet, sweetened with glycerine, and in a

few minutes he will be relieved, and healthy digestion commenced, unless a long course of bad treatment has been going on; then let him combine it with half the quantity of kidneywort and of wild thyme, or wild marjoram, or barberry bark, and take a wineglassful twice a day.

Marjoram, thyme, kidneywort, poplar bark, bogbean, and a host of other plants, act in a similar direction, and never do harm, even if misapplied.

Why then should we submit to have our blood poisoned, our digestive organs ruined, and the foundation of incurable maladies laid, by the use of mineral poisons, although authorised by Act of Parliament?

These remedies may palliate, but they never cure; they give temporary relief by paralyzing the nerve-centres, by that means deadening pain; but they combine with the acrid humours and form deposits, which cause life-long troubles. These few hints, with a reference to the list of stomachics adapted to the form taken by the disease, will be all that is required to restore the dyspeptic to sound health, vigorous manhood, and to prolong life to a painless, happy, and natural termination.

MAGNETIC TREATMENT.

Massage the spine down each side for fifteen minutes, then draw the hand gently from the spine, across the seat of pain, and off at the nearest outlet; continue this for from 15 to 20 minutes.

INFLAMMATION OF THE BLADDER.

DIAGNOSIS.

This disease may be known by a difficulty in passing urine, which is caused by swelling of the abdomen. The symptoms are a dry hot skin, pain, tenderness, and a sense of weight, in the

region of the bladder; the bowels are often inactive, the urine frequently ejected by a kind of spasmodic action, much straining, and sometimes with a discharge of pus mixed with blood.

This complaint is often induced by cold, drinking large quantities of cold, sour beer, the insertion of instruments, the existence of calculi, stricture, or inability to empty the bladder, from loss of muscular power or enlargement of the prostate.

The urine becomes acrid and foul, and causes great irritation and inflammation.

REMEDY.

A hot bath should be given, or hot fomentations with common mallows, chickweed, camomile flowers, or any kind of mint. Also an injection of warm water, with a piece of the burdock ointment, about the size of the forefinger, passed into the bowels; and the following tea administered freely:—

	oz.
Parsley or parsley pert	1
Clivers	2
Heartsease	1
Burnet	2
Kidneywort	2
Spearmint	2
Rain-water	2 *qrts,*

Boil down to three pints, omitting the spearmint. Pour the boiling liquor on the spearmint, and sweeten with glycerine to taste.

Dose.—A wineglassful every hour, until relief is obtained, after which, three times a day will be sufficient, but should be continued for some time.

A little tepid water, with five drops of tincture of hydrastis canadensis, should be gently injected into the bladder, either by the catheter or syringe, as often as the patient can bear it.

MAGNETIC TREATMENT.

Magnetize the spine and parts affected, to reduce

both swelling and pain, and to open a passage for the discharge.

It also gives vigour to the relaxed muscles.

INFLAMMATION OF BOWELS.

DIAGNOSIS.

This may be distinguished from colic, by being confined to the region of the navel and abdomen, which is very painful to the touch.

The patient usually draws up the knees. The progress is rapid, although the pain is not so acute as in colic, but is of a burning hot character, accompanied with thirst, sickness, and sometimes fœtid, watery evacuations, with strainings, &c.

REMEDY.

Hot fomentations or hot mint poultices, made to cover the whole abdomen, will often relieve.

Give a strong infusion of the following:—

	oz
Balm	2
Catnep	2
Heartsease or common mallow	2
Water	2 *qts.*

Boil the mallow or heartsease down to three pints, and pour it on the other ingredients. Sweeten with glycerine.

Dose.—A tablespoonful every half hour, until relief is obtained; then give the infusion, two or three times a day, for some time after, or the following may alternate with it:—

	oz.
Sweet flag	2
Kidneywort	2
Bayberry bark	1
Water	2 *qts.*

Boil down to three pints. Administer as above.

MAGNETIC TREATMENT.

While the patient lies on the back, seat yourself comfortably in a chair on the right side. Have a basin of cold clean water handy; place your left hand under the small of the back, sluice your right hand in the water, dash off the superfluous liquid, and place the open palm over the seat of pain, within half an inch of contact. Remove, and renew the washing about every two minutes, according to your feelings. Continue this for an hour, or longer if relief is not obtained. Rest awhile, or change hands, and commence again until the symptoms disappear.

Make a few passes over the brain, and let the patient sleep. Sometimes magnetizing the legs will draw the inflammation down quickly.

INFLAMMATION OF THE BRAIN.

Prompt and energetic measures should be taken at the first appearance of this disease, as upon this a great deal depends. If neglected, or allowed to become deep seated, dangerous results are almost sure to follow, with symptoms that may defy every effort to subdue.

Excessive mental strain is the principal cause of this disease, but many other causes contribute their quota.

Great difficulty exists in judging what part of the brain is attacked; but as my treatment is almost the same, whatever form it may assume or from whatever cause it may arise, I may safely dispense with details, and at once describe the method of treatment which should follow that of the great natural remedy, magnetism.

REMEDY.

After applying the magnetic treatment given below,

the next object sought to be attained, is the free opening of the skin and other natural outlets. For this purpose I advise a strong tea of balm, sorrel, wild thyme, and grape vine-leaves; or, violets, kidney-wort, and yarrow.

Any combination of the above, sweetened with honey or glycerine, and with the rind of a lemon added, will make a cooling, pleasant drink, which will help to bring about good results.

Also a strong decoction of the following:—

	oz.
Sweet marjoram	2
Wood betony	2
Catnep	2
American valerian	1
Yarrow	2

Scalded with one quart of boiling water, and sweetened to taste with glycerine.

Dose.—A teaspoonful every half-hour, until the acute symptoms abate.

A thin gruel of powdered slippery elm bark and mint, in combination, should be injected into the bowels, twice a day, in the early stage.

These injections should be copious, and not less than a quart each time.

Cloths wet with water, in which wood sorrel or garden mint has been boiled, may be applied cool to the head, and should be kept constantly renewed.

At the earliest stage, a large poultice of green spearmint, bruised into a pulp, with sufficient boiling water added to make it hot, should be applied to the head, as a poultice, after the hair is cut off.

MAGNETIC TREATMENT.

Commence with vigour and determination, by rubbing the spine with the naked hand, using consider-

able pressure and energy. Then proceed to magnetize the legs and body, from the stomach, and off at the feet, for fifteen minutes, occasionally briskly rubbing the feet and legs downwards with pressure.

Let the patient lie on the stomach, and make vigorous passes from the nape of the neck, down the whole body, and off at the heels, in contact, with considerable pressure at first. After five minutes of this treatment, make the passes *without* contact, for ten minutes. Now turn the patient over and make passes from the crown of the head, over the face, down the body, and off at the feet, without contact; then magnetize the head and chest, making an occasional pass the whole length of the body, to carry off any undue pressure on the brain. Let all your efforts now be directed to the head, occasionally observing the last-mentioned precaution; and do not desist until it is thoroughly cooled, or the patient is in the mesmeric sleep. When making the passes without contact, it is necessary to keep the hands constantly rinsed in cold water.

INFLAMMATION OF THE EYELIDS.

DIAGNOSIS.

These red sore swellings on the margin of the eyelids, accompanied with suppuration and the formation of vesicles, are very unsightly and inconvenient; they are often caused by colds, draughts, neglect, and a low state of the nervous system.

REMEDY.

Bathing the eyelids with a tea made of burdock root is almost a specific for this, and all other inflammatory or scrofulous diseases of the eyelids.

This plant has only to become known to be a universal favourite in almost all skin-diseases, especially those which defy other remedies. I have used the ointment and infusion of burdock, with unfailing

success, in all cases where suppuration is not required to be kept up.

It is free from all danger, and causes no irritation to the tenderest parts.

Clary is another healing, cooling, and safe remedy for the eyes; and is, by some, preferred to all other remedies for complaints of this organ.

INFLAMMATION OF THE HEART.

DIAGNOSIS.

The symptoms characteristic of this painful disease are difficulty of breathing, great anxiety, dreadful feelings of suffocation, gushings of water to the bladder, etc.

REMEDY.

Energetic treatment is necessary. Put a hot poultice over the affected part, made of camomile flowers, or chickweed, or balm; and give the following medicine:—

	oz.
Marigold flowers	1
Burnet	1
Lily of the valley	¼
Balm	1
Kidneywort	1
Water	2 *qts.*

Boil all but the balm, and pour the scalding liquor on to that herb, adding enough glycerine to sweeten to taste.

Dose.—one dessert-spoonful every half-hour, until relief is obtained.

If any spasms occur, alternate with this medicine:—

	drops.
Conc. tincture of avena sativa	20
Cypripedium	4
Essence of mint	2

Administer as one dose in half a wineglass of hot water.

In convalescence, strengthen the heart with—

	drops.
Tincture of lily of the valley	5
Avena sativa	15
Cypripedium	2

To be taken in a little hot water, three times a day.

Balm tea should be used as a constant drink by all persons subject to this disease.

MAGNETIC TREATMENT.

This should be applied as early as possible, and is similar to that recommended in inflammation of the bowels.

INFLAMMATION OF THE KIDNEYS.

DIAGNOSIS.

This painful disease often comes on very suddenly, with the following symptoms:—dull, aching, shooting pains in the region of the kidneys, pain down the leg; the urine suppressed, and sometimes altogether stopped when both kidneys are involved rigors, fever, languor, urine highly coloured and sometimes mixed with blood or pus. When this takes place the kidneys are very apt to become easily disordered after recovery: it is therefore necessary, for a considerable time after the patient feels free from all effects, to continue to adopt every means for their perfect restoration to health.

REMEDY.

At the first appearance of the symptoms, the bowels should be kept open with enemas of warm water, in which bruised golden-seal root has been boiled; about an ounce to a gallon.

Flannel, wrung out of hot water, and well sprinkled with tincture of blood-root, should be applied to the back and continually renewed.

Give the following medicines :—

	oz.
Pellitory of the wall	1
Wild carrots	1
Kidneywort	2
The common mallow (root and top).....	1
Flax seed	1

If any acidity of the stomach exists, add

Burnet	2

Boil all in two quarts of rain-water for twenty minutes, and sweeten with glycerine.

Dose.—A dessert-spoonful every half-hour.

The spikes of plantain may be substituted for flax-seed, if more easy to obtain.

Parsley, kidneywort, burdock root, golden seal, made and used in the same manner, should alternate with the above.

The whole body should be sponged all over with diluted acetic acid, and rubbed briskly to set up perspiration.

Kidneywort, wild thyme, clivers and buchu leaves should be taken once or twice a day, for several weeks, after convalescence.

MAGNETIC TREATMENT.

Thoroughly magnetize the stomach and the region of the kidneys.

The left hand should be laid on the kidney affected, and the right hand on the pit of the stomach; and they should be allowed to remain thus for an indefinite period.

INFLAMED OR ULCERATED LEGS.

Great numbers of people suffer years of inconvenience and pain, through slight accidents, which,

by the application of a little burdock ointment at the early stage, might have been remedied at once.

Many of these slight abrasions become inflamed, and often develop symptoms difficult to cure. When such is the case, a poultice of fresh-gathered chickweed, stewed and applied every morning and evening, at the same time bathing the leg in the liquor in which the chickweed is stewed, will often work wonders. Common mallows, prepared in the same way, will reduce the inflammation, give ease, and remove the corrupt matter, after which the water in which potatoes (in their skins) have been boiled, will help to heal the wound.

A better and safer remedy, however, is a tea made of blackberry leaves, applied warm; and a compress of linen, well saturated in the same, will gently heal and restore the leg to its natural condition.

The greatest healers known are wood sanicle, self-heal, bugle, all-heal, and knapweed; but, if the flesh has been poisoned by mercurial applications, burdock is a specific.

All these last-named remedies, in extreme cases, heal somewhat too quickly. I therefore much prefer blackberry leaves, as their action, although slow, is all that can be desired.

Yellow dock,
Clivers,
Wood betony,
} in equal parts.

Dose.—A pint a day of the simple infusion, or more if not offensive to the stomach.

Abstinence from all alcoholic drinks is absolutely necessary.

INFLAMMATION OF THE LIVER.

This is much more prevalent in hot countries, par-

ticularly in India, where the climate is most trying to the British constitution.

The great mental efforts put forth by both military and civil English residents, combined with arduous duties performed under the most trying circumstances, and other hardships, act powerfully for evil on the liver. Unnatural, highly concentrated foods, *i.e.*, those that have the coarse or digestive properties taken from them, the free use of stimulants, with many other pernicious habits, are the cause of this, as of most other liver troubles; ultimately establishing chronic congestion and suppressed secretions, with their attendant evils.

REMEDY.

Now, if attention be paid to my remarks on indigestion, most, or all of these evils may be avoided; but when inflammation has once set in, resort to magnetism.

Administer the following:—

	oz.
Kidneywort	2
Burnet	2
Balm	2
Yarrow	2
Wild thyme	2
Clivers	2
Water	2 *qts.*

Boil twenty minutes and sweeten to taste with glycerine.

Dose.—Dessertspoonful every half-hour.

A compress made of any kind of mint or balm, laid on the seat of pain as hot as can be borne, will often give relief.

The bowels should be kept open with an enema

of powdered burdock-root and powdered sweet flag made into a thin gruel.

But magnetism should be chiefly relied upon, and used unceasingly, until a cure is effected.

MAGNETIC TREATMENT.

Magnetize the seat of pain until relief is obtained, carefully opening the natural outlets.

Keep the feet hot, and establish a brisk perspiration.

Massage the legs, feet, and all parts of the body well, but desist where it gives pain.

INFLAMMATION OF THE SPLEEN.

The symptoms and treatment are the same as inflammation of the liver.

REMEDY.

The bowels should be kept open, and the kidneys active.

Chickweed or slippery elm bark poultices should be applied to the side, to encourage suppuration if any has begun ; but magnetism should be freely applied, both to the spine and the seat of pain.

INFLAMMATION OF THE TONGUE.

Often occurs through mercurial treatment, derangement of the stomach, etc.

REMEDY.

There are few better remedies for this painful disease than golden seal or burdock.

Nothing with which I am acquainted, will so readily destroy mercury in the system, as these two valuable herbs.

If ulcers or cracks are formed, and there is hemorrhage, gargle with bugle one day, and sanicle another.

A little borax and tincture of myrrh, occasionally, will also assist.

Administer internally—

	oz.
Yellow dock	1
Clivers	1
Wood betony	1
Water	1 *qt.*

Boil and sweeten with glycerine.

Dose.—A wineglassful four times a day.

The best method of making washes for the mouth is to bruise the herbs and roots, put them into a wide-necked bottle, then mix one part glycerine with two parts water, and fill up the bottle. Let it stand seven days, shaking it up several times a day. Strain, and press out the liquor, until the herbs are dry.

A little spirits of wine added will make it keep better.

INFLUENZA (see *Catarrh*).

ITCH.

DIAGNOSIS.

A contagious but not infectious disease, usually the scourge of dirty habits, and easily caught by the most particular.

It may be known by great numbers of small, watery, conical pimples, the work of animalcula burrowing under the upper skin, generally in the softest and tenderest parts. The parts most affected are between the fingers, the inner side of the ankles, the joints, etc.

The animalcula breed with great rapidity, when cleanliness is not strictly observed. Warmth aggravates the symptoms, and causes painful itching.

REMEDY.

Make an ointment of the following:—

	oz.
Powdered sulphur	2
Crude sal ammoniac	1
Lard	4

Smear the body all over, from head to foot, and take sulphur internally; or, wash the body all over with the following decoction:—

	oz.
Blood root.....	2
Southernwood	3
Savine	1
Water	1 *qt.*

Boil gently for one hour.

Take the following medicine internally:—

	oz.
Clivers	2
Yellow dock	2
Cinnamon	½
Mint	2

Make and administer as before instructed.

Dose.—Half a teacupful three times a day.

The linen should be boiled in water with savine, and woollen clothes, should be either destroyed or subjected to the fumes of sulphur.

Continue the internal medicine for some time after the irritation disappears, as the blood often becomes impregnated, and should be thoroughly cleansed.

JAUNDICE.

DIAGNOSIS.

An advanced stage of indigestion, caused by an obstruction to the natural flow of the bile, crystallization of the gall, &c.

Often caused by congestion of the nerve-centres, injudicious foods, drinks, etc.

Symptoms :—Constipation, impacted colon, light clay-coloured stools difficult to discharge, languor, feeling of sickness, pain at the pit of the stomach, disordered kidneys, with loss of appetite.

REMEDY.

Cleanse the stomach by drinking copiously of hot water; after which, give an emetic of vervain tea or ipecacuanha wine or syrup.

Then make the following infusion :—

	oz.
White poplar bark	1
Barberry bark	1
Dandelion roots	2
Calamint.....	2
Toad flax	1
Water	2 *qts.*

Boil for twenty minutes ; and, while boiling, strain the liquor over the calamint. Cover close, until cool. Sweeten with honey, glycerine, or treacle ; and bottle for use.

Dose.—A tablespoonful, three or four times a day.

If troubled with thirst, make an infusion of the following:—

	oz.
Marigold flowers	1
Balm	2
Boiling water	1 *qt.*

Or better still, barberries boiled with a little lemon peel and sweetened with glycerine.

Either of these should be taken *ad libitum*, when thirsty.

THE JOINTS.

These are beautifully constructed, and perfectly adapted to the requirements of the human body. They are covered with a soft velvety membrane, which secretes an oily fluid, intended for their

lubrication; and when in proper order, such is the quantity of this fluid deposited during sleep or rest, that the length of the body is increased nearly an inch. When, however, the vital forces are deficient, or if the blood is charged with uric acid, etc., and healthy assimilation is superseded, Uric acid deposits both between and outside the joints; and in some cases, such as where the blood is impoverished by sexual excesses, sedentary habits, etc., this healthy secretion ceases more or less according to the predisposing cause, and in some cases altogether. Hence, cracking of the joints denotes an insufficient or an unnatural supply of this necessary lubricant, besides pointing to something wrong in other quarters.

REMEDY.

First find and correct the cause, whether in the stomach, blood, or kidneys. Then apply such local remedies for temporary relief, as are prescribed in this book.

MAGNETIC TREATMENT.

In all cases apply magnetism to the spine; and particularly to that part of the nerve-centre governing the part affected.

Then lead the magnetism with the hand across the affected part, and off at the nearest outlet.

It may be necessary to make vigorous passes over the affected joint, or, simply motionless contact may have the desired effect; but, in all cases of contracted joints or sinews, where little or no inflammation exists, massage will undoubtedly be beneficial.

KIDNEYS—DISEASES OF.

Bleeding, parasites. neuralgia, degeneration,

cancer, tubercle, or inflammation of the kidneys, may be safely treated by an infusion made as follows :—

	oz.
Kidneywort.....	2
Burnet	2
Sanicle	1
Chickweed or common mallows	1
Flax seeds	1
Water	3 *pts.*

Boil fifteen minutes and sweeten with glycerine.

Dose.—One tablespoonful every hour, until unfavourable symptoms abate.

This is a wonderfully healing, soothing, and curative diuretic, in all kidney and bladder troubles; but magnetizing the spine and lumbar regions should never be overlooked.

KING'S EVIL (see *Scrofula*).

KLEPTOMANIA.

This, like most diseases of the brain, meets with little sympathy or even toleration. With many, however, it is nevertheless a disease, and should meet with rational treatment. The mesmeric sleep is the natural mode of cure, and, I believe, the only method which leads to the healthy development of those organs which counteract, by their opposite tendency, those disordered portions of the brain which incite this peculiar, irresponsible state.

It is surely preferable to the treatment now in use; and when properly understood, with the objections of scientific obstructionists removed, this natural mode of cure will become popular, effective, and successful, not only in kleptomania, but in most of the various forms of insanity.

Then the present practice of the administration of bromides, chloral, and other brain-destroying drugs; the propagation of insanity by inoculation or vaccination for either rabies or small-pox, and unnecessary constraint or confinement, will be recognised as barbarous and wicked customs.

LEUCORRHŒA, OR WHITES.

Generally attended with all the symptons of indigestion, and is often one of its numerous progeny. If not arrested, it assumes a very painful, distressing, and disagreeable aspect.

REMEDY.

An injection of sanicle, marjoram, and marigold flowers will be found healing, cleansing, and bracing; but the cause must be searched after and removed, in order to prevent a return of symptoms.

Administer:—

	oz.
Wild marjoram	2
White pond lily.....	1
Stinking arach	1
Groundsel	1
Black oats	4
Water	3 *pts.*

Boil fifteen minutes, and sweeten to taste with glycerine or honey.

Dose.—One tablespoonful after meals.

Thoroughly mix:—

Pulverized Comfrey,
,, Mullein, } equal quantities.
,, Burdock,

Make a paste of a teasponful and a little water in a tumbler; fill up with hot milk, and drink, between meals, twice or three times a day.

Use raspberry leaves instead of China teas, which are very injurious in this disease, and should never be taken.

LOCK-JAW—TETANUS.

DIAGNOSIS.

After the first indications of tetanus, unmistakable symptoms rapidly develop, such as inability to open the mouth, the corners being drawn up, the features set or distorted. Violent and painful spasms occur at intervals, the muscles are cramped, with jerkings of the body. These spasmodic contractions are sometimes of long continuance, and may be caused by the irritation of some nerve, a wound, teeth, worms, etc. Three or four days of sleepless agony are often sufficient to terminate life, from suffocation and exhaustion.

REMEDY.

This appalling disease should be treated in the most energetic manner. Open the bowels freely, with a most active purge. Enemas of American valerian and wormwood, made into a strong infusion, should be injected into the bowels, in large quantities. The spine, and other parts of the body may also be rubbed with oil of marjoram.

Administer thirty drop doses of concentrated tincture of jobranda in a little hot water, every hour, for an adult, until free perspiration is established: after which, follow on with this decoction:—

	oz.
Wild thyme	1
Skunk cabbage	1
Valerian	1
Yarrow	1
Vervain	1
Pennyroyal or peppermint	1
Boiling water	3 *pts.*
Glycerine	2 *tablespoonfuls*

Dose.—Give this infusion as often as the patient's

stomach will bear it, say every two hours, in tablespoonful doses.

A certain amount of ingenuity will have to be exercised in the administration of internal remedies, as the jaws are often rigidly fixed ; but, after manipulating them with massage and magnetism, there are few cases that will not become sufficiently relaxed, to allow the insertion of the point of a spoon, tube, or some other mechanical contrivance.

A hot bath should be given, and flannels, wrung out of hot water, should be continually applied to the spine ; then hot bricks to the feet, sides, and calves of legs, until free perspiration is set up.

If the cause be a wound, every effort should be made to set up and maintain free suppuration in the part, and the cause of irritation removed by any manner of treatment best adapted to the purpose ; no method is so effectual as mesmerism with massage.

MAGNETIC TREATMENT.

Once succeed in putting the patient into the mesmeric sleep, the removal of the reflex irritation from the brain is comparatively easy, and relaxation at once occurs ; therefore, every effort should be directed to the attainment of this object. Never let your efforts flag, but continue until successful. Every pass you make will tend to good, whether you succeed in producing the sleep or not.

Let the spine receive your first attention, then the legs, then the front of the head and chest, with the intention of producing sleep. Whether successful or not in doing this, after about an hour's manipulation, intently gazing into the eyes, the lower limbs should be well magnetized ; then make long passes over the whole body. If no relaxation takes place after this

treatment, reverse the passes and make them upwards.

Continue these upward passes for some time; you will readily see the impression being made. If, after thirty minutes of this treatment, no relaxation takes place, rest awhile, and begin again as first directed.

Massage the spine thoroughly, the top of the head and down the neck, and all round the seat of irritation, if that has been discovered. Then carry the same treatment over the whole body.

Do it thoroughly, with energy and a full determination to succeed, as half-hearted measures, in diseases of this kind, do but little good.

LUMBAGO.

DIAGNOSIS.

Defined by the faculty as rheumatism of the sheaths of the lumbar muscles, caused by getting wet, draughts, etc.

Although to these causes many cases of this painful disease may be attributed, my own observations lead me to the conclusion, that the majority of cases are the effect of indigestion.

Let anyone who suffers from this disease, trace the progress of the acid eructations or heartburn that persons, so disposed, suffer from, and I think it will be discovered, that three-fourths of the attacks of lumbago occur soon after the patient has been troubled with this stomach-derangement; nevertheless, it is sometimes caused by lifting weights, getting wet, blows, etc.

REMEDY.

This painful disease is one for which magnetism is almost a specific, so much so, that I cannot remember one solitary case in which I have failed to give relief the first time of applying it, and, in very bad chronic cases, a complete cure is often effected in three or four applications. Further, this has been accomplished without any medicine whatever; but, in order to prevent a return, the cause must be removed.

The digestive organs are sure to be found deranged or weak, the kidneys affected, and the bowels constipated.

Let the patient take the following medicine :—

	oz.	
Burnet	2	
Kidneywort	1	
Pellitory-of-the-wall	1	
White Poplar Bark	1	
Pennyroyal	2	
Water	2	*qts.*

Boil all but the pennyroyal; then pour the strained liquid, while boiling, on to the pennyroyal; sweeten to taste with glycerine or honey.

Dose.—A tablespoonful three times a day until all signs of indigestion are gone, and the stomach is restored to vigorous health. Carefully avoid taking soda, potash, or any other debilitating drugs.

MAGNETIC TREATMENT.

The best mode of magnetizing the patient is as follows :—Let the patient stand with the hands resting on the back of a chair, seat yourself directly behind, make vigorous passes, with both hands, down the spine, from as far up the back as you can conveniently reach, separating them across the lumbar regions, down the hips, and off at the thighs, for thirty minutes. Stand up occasionally, and make a few passes from the top of the head, down the spine, as before.

Now let the patient be seated, and change your position to the front. Magnetize the face, chest, and abdomen; then the legs to the knees, and off at the feet, occasionally making a few full-length passes; then give the whole back a gentle stroking, and, after allowing your hand to rest on the seat of pain for a

considerable time, draw it gently, in contact, down and off at the feet.

LUPUS.

The condition of the vital-forces conducive to the development and rapid progress of this destructive, and, hitherto, incurable skin-disease; is generally deteriorated; so that the tubercular germ, effused or deposited from the blood, finds a fertile pasture.

It generally commences its ravages on the face, near the alæ of the nose, forming small excoriations, or a mere crack, covered with a scab: when the scab is removed, it discharges a slight matter, which soon dries and forms a larger scab, spreading on one side and healing on the other, until the whole skin of the face is completely destroyed.

REMEDY.

There is no certain cure for this disease, unless the vital forces can be restored to vigorous health which can only be done, by strict attention to those laws conducive to that purpose. Scrupulous cleanliness, frequently washing that part of the face not attacked, with dilute acetic acid, strongly infused with bayberry bark, which has been steeped plentifully for some time; or, a few drops of Condy's Fluid added to the water; or, a wash made of borax, scabios, and samphire, is an excellent skin-vitalizer.

A drink made of yellow dock, clivers, wild thyme, heart's-ease and sanicle should be plentifully taken in the place of wine or beer; or, a tonic made of the following:—

	oz.
Angelica Root	2
Betony	2
Burnet	2
Bogbean	½

Put into a wide-necked jar, and cover with a liquid composed of one-half proof spirits of wine, and one-

quarter each of glycerine and soft water. Cork closely, and let it stand, to macerate, for about fourteen days. Then squeeze the liquor from the herbs, filter through fine muslin or filter-paper, and bottle for use. A tablespoonful will be found of excellent service in all skin-diseases, and it may be used, with benefit, instead of toddy. Also make a strong tincture of bayberry bark or cinnamon, and well saturate the place affected.

Another remedy is a plaister made of Venice turpentine, pitch, and bayberry bark, or extract of cinnamon; or either of the above, and Stockholm tar; spread the salve on wash-leather, and cover the part affected. Another remedy is to burn some wheat on an iron slab, collect the tar, and anoint the place with it. Any of these are far better than all the mercurial preparations generally applied, and will usually prove successful, particularly if the internal fire is kept up with botanic stimulants.

MAGNETIC TREATMENT.

There is no better vitalizer of the skin, or of any part of the body, than magnetism; therefore do not neglect to apply it, especially to the parts affected.

MEASLES—RUBEOLA.

It is a generally accepted theory, that the cause of this inflammatory and highly, infectious fever, like all its class of diseases, is due to a living germinal poison in the blood, which requires a certain period of incubation to develop, according to the different species.

Some of these minute organisms are supposed to be so infinitesimally small as to defy detection by the most powerful microscope; and so rapid in their progress to maturity, as in intermittent fevers, that they attain their full growth in a few hours, when the con-

ditions are favourable ; but that all the different species require various periods of incubation for their full development. Similar to the locust of Philadelphia, which is an insect of large size, whose larvæ remain buried in the earth for a period of seventeen years, at the end of which time they issue forth, breaking through all obstructions, into active, vigorous life, after the long incarceration in the earth, the deep entombment appearing to be necessary for their preservation. They then come forth in countless myriads, to perform or fulfil a short but active and (to man, as far as we can see), mischievous mission ; they deposit their larvæ and die, leaving that infected part of the earth's crust free from this plague for another seventeen years.

A similar law governing these large organisms is supposed to apply to those microscopic discoveries which come to the surface of the human body for oxidization at the end of these shorter periods of incubation. They colonize in vesicles or pocks, and deposit their larvæ for another generation, and then pass away, leaving their progeny to continue the work of destruction, or to lie dormant until planted in soil congenial to their development, if not destroyed by the careful nurse.

This plausible theory, although it has a large number of adherents (if that means anything), is rather ambiguous, and should be well considered and tested before being relied upon. Although I have adopted it in my treatment of small-pox, and some other diseases, I am by no means bound to it; for, on analyzing it by the glimpses of light from a more spiritual source than the microscope, and the opinions of the materialistic faculty, I see many grave objections to the microbe-theory, in measles, small-pox, or any

other eruptive fevers, as well as cholera and other epidemics.

These experiences lead me to incline strongly to the opinion, that a number of those diseases which are attributed to the microbe-theory, belong to some of the myriad of forces miscalled electric.

That these forces exist in many forms and degrees I have no doubt, having long witnessed their action on man for good. I have long felt convinced, but have been unable to demonstrate, that these invisible, and hitherto incomprehensible forces, take as many forms, qualities, degrees, and properties as are seen in visible matter; from the most beautiful, to the most repulsive; from the most solid, to the most ethereal; from the pure, life-giving atmosphere of heaven, to the most loathsome disease, with every degree intervening; also, that these invisible forces are attracted by the earthly affinities, the combination of which, produce and propagate health or disease. Of course these forces, like those with which we are familiar, are subservient to laws and conditions that may make them appear eccentric. Yet, I believe, that as certainly as spirit shapes matter, so surely does spirit form disease.

Many instances have come under my notice, in which clairvoyants have seen persons prostrated with small-pox, measles, and many other diseases, with all the eruptions, apparently, at the worst stage, *several days before the attack has commenced in the patient*, and before the slightest sign of sickening for any complaint was perceptible to the normal senses. Many well-authenticated cases of this kind I have witnessed, and therefore have a vague idea of it—vague, because it is beyond my power to render it intelligible. But when I see this and other pheno-

mena, equally wonderful, I cannot but complain of the egotism of those who insist upon any materialistic theory.

Why should unreasoning prejudice laugh to scorn the idea of other similar phenomena, as well authenticated, as true, and attributed by ordinary common-sense observers, to the agency of disembodied men and women ?

We can well afford to return the laugh, when we are treated to the stereotyped. "Pooh, pooh! it is contrary to all the laws of nature," when we ask those who profess to know so much of the laws of nature, to tell us something of the wonderful phenomenon of the formation of man, without seeking further for a subject.

What forms this wonderful structure from a point of matter ?

Is matter the only factor invisible to the eye, transplanting from the parent, his features, his form, his colour, his temper, his diseases, often his habits, and, unfortunately, frequently his vices as well as his virtues, with the germs of past and future generations, all bound up in a parcel the sixth-thousandth part of an inch in bulk ? Tell us, ye who presume to understand and dictate about nature's laws, with such positive assurance, how this happens, and we may believe you know a little, but only a little, of those laws you speak of so glibly, and as if by authority.

REMEDY.

Even if this microbe-theory be true, there must be some psychological influence at work to produce the phenomena which I have mentioned, if these diseases are not purely materialistic : but those other

influences are factors, or even part-factors, of disease; and those diseases can only be successfully combated by psychological forces, or, at least, in combination with the physical.

However, in the event of being attacked by any of these death-forces, how shall we meet them?

Shall it be by administering matter without life, that, at best, can only clog and inflame the system, or, such as assist in using up those very life-forces, so much needed to sustain an equilibrium?

Crude inanimate minerals, cannot supply these life-forces when taken into the human system.

They are simply metallic poisons which have never been imbued with life; they have not passed through that stage of evolution which can alone fit them to become a part of a higher organism; they are dead matter, and will ever remain such, until they have passed through the process by which nature calls death to life. This seems to be the mission of the vegetable world, namely, to organize and give life to inanimate matter, and fit it for the next stage of evolution, *i.e.*, the building-up of the animal structure.

The living matter, that is imbued with life by these psychological forces, this breath of life, this spirit matter, is alone fitted by nature, to give nervous energy and muscular power to the animal structure, or to augment those psychical forces which connect matter with spirit.

I have long been fully aware of the necessity of carefully selecting such remedies from the vegetable world, as possess the most life-giving properties—those remedies which infuse vitality, energy, vigour, nerve-force, or spirit. But those which *appear* to do so, by setting up inflammation, such as alcohol,

and mineral irritants, in reality, use up the vital forces, and should be strictly avoided as *death-forces*, tending only to destruction, and dismemberment.

If this microbe-theory were really all that its advocates claim for it, it would appear to me more rational to seek the destruction and expulsion of these germs, by a natural, harmless process, either in the embryonic or some other stage of their development, at least before they deposit their larvæ for another generation, or before they arrive at maturity. This, I believe, can be accomplished by rational and natural means, without any injury, but benefit to the patient, by infusing into the system a sufficiency of those psychological forces, or vital life-forces, to expel the lower and more degraded forces of the disease-germs. Thus removing the obsessing spirit of disease, by infusing the spiritual forces of health.

The spent lifeless matter will still have an affinity for the disease-forces, sufficient, if allowed to remain in the system, to attract them, or set up what is usually termed a relapse, and therefore should be removed at once, with vigour. At the same time, I feel sure, this can be accomplished only by following those natural laws and using natural remedies, such as nature has provided in abundance.

Pure herbal stimulants contain an abundance of these health-forces, evolved for the purpose of destroying both the psychological and physical powers of diseases, and expelling them both from the system. The visible effects of these are, to open the skin, kidneys, etc., and restore the circulation to its normal state.

The innumerable sweet and beautiful flowers of the field are combinations of spirit and matter, sufficient of themselves, if rightly administered, to expel

both the living and morbid poisons. Nor would such poisons have been permitted to pass into the blood, if the vital forces of the body had been sufficiently strong, at the time of the attack, to have thrown them off; for, it is only when these forces are low, that any infectious or contagious disease can gain a foothold. I have often witnessed the greatest benefit from the use of a pure natural stimulant, in the early stage of colds, and different kinds of fever: when by raising the vital forces, although only temporarily, the effect has been to throw off the early stage, if applied before the poison becomes firmly rooted. Therefore, instead of waiting to discover the exact location, form, or name, whether simplex or malignant; or to ascertain the time required for incubation or development.

Whether it is measles, scarlet fever, or any other form of fever, attack your enemy at the first symptoms; strike, and strike hard and sharp, for on that depends much of your success, in altogether warding off the attack; or rendering it comparatively harmless and of short duration.

Particularly remember, that, in the early stage of all inflammatory diseases, you cannot do wrong by raising the vitality, opening the bowels gently, the kidneys freely, and the skin profusely, at the same time, correcting the stomach. Never mind what symptoms develop; you cannot err by following this course vigorously. Instead of waiting and watching for periods and stages of development, be up and doing, and ten to one that your patient is well and strong; while a parallel case, treated by the orthodox system, will be lingering on for weeks, with perhaps some chronic ailment of a serious character left as a life-long legacy, caused, if not by pernicious mineral

medicines, from want of sufficient vitality to eliminate the effete poisonous matter.

At the first symptoms, make a tea by pouring one quart of boiling water on the following herbs:—

	oz.
Pennyroyal	1
Marigold flowers	½
Pitcher-plant	½
American kidneywort	1
Wild marjoram	1
Black oats	3

Sweeten with green treacle or honey. First dose: a teacupful hot; after which, half a wineglassful hot every hour, until the patient perspires freely.

Put hot bricks, wrapped in flannel, wet with diluted acetic acid, to the legs and feet; sponge the body well, all over, with the acid, slightly diluted, and this should be done directly after the first dose of medicine.

The sponging should be continued night and morning, until convalescent; the acid should be slightly warm.

If the stomach is disordered, give an emetic.

Follow these instructions closely, and you will soon discover that measles, scarlet fever, or any other eruptive fever can be cured in a few days, better, safer, and easier, by these means, than by allowing them to run a course for the development of the eruptions, desquamations, or any of the distressing symptoms which render this malignant power dangerous to life, especially when the vital powers are low; and without leaving behind any of those secondary effects which are often a life-long trouble.

Give balm tea as a common drink, or a tea made of barberries, without restraint; good farina-

ceous food, with fish, etc., and any of the tonics previously mentioned, when convalescent.

The symptoms which mark the first stage of measles may be known by an appearance of heaviness, accompanied with sore throat, discharge from the nose, redness of the eyes, acute sensibility on exposure to the light, dry cough, stuffing of the chest, nausea and vomiting, and great languor. Small eruptions break out about the fourth day over the neck and chest; these spots soon run into each other, and form red streaks; the skin appears inflamed, and there is generally a swollen appearance in the face. The spots begin to turn a little pale about the sixth or seventh day; and, from the ninth to the eleventh, the skin assumes its proper colour. Much care should be taken to prevent the patient from catching cold, and the eruption from being driven in, at the first symptoms of which, the same active measures should be taken as at the beginning.

Watch carefully for any throat or lung trouble, or any suppression of water. For the former, give a tea of poke root, pleurisy root, and elecampane.

For the latter, or the two conditions combined, give a tea of pellitory-of-the-wall, betony, and knapweed.

A gargle of burdock will be found useful, and a linseed-meal poultice, sprinkled with cinnamon, or a potato or turnip poultice, put around the neck and chest, will give relief at once.

A syrup of American kidneywort, wood-betony, and balm, made with glycerine or honey, and given two or three times a day, for several weeks after convalescence, will be beneficial, and remove all danger of secondary symptoms.

In convalescence the following cleansing and strengthening drinks should be taken freely:—

Cowslip wine, very valuable, three or four times a day. If not at hand, pour a pint of boiling water on one ounce of cowslip flowers, and sweeten with honey or glycerine. Drink when thirsty.

Sweet liquor from a brewery is a very good beverage, grateful to the stomach, gently laxative, diuretic, tonic, and strengthening. It should be drunk *ad lib.*, by children or adults, as it is a grand restorer.

Balm tea.—One ounce of lemon balm to a pint of boiling water, with the rind of a lemon, thinly pared, and sweetened with honey or glycerine. This is cooling, diaphoretic, diuretic, and, in all respects, acts like aconite, without the least danger ; so give freely, as a beverage, in the early stages of any febrile complaint, instead of plain water.

Barberries made into a tea, in a similar manner, will be found refreshing, cooling, strengthening, and in every way excellent in any sick-room.

Barley water, mint tea, etc., can never be wrongly administered.

MAGNETIC TREATMENT.

Magnetize the body, after these preliminaries have been gone through, when the patient has been comfortably settled in bed ; keep plenty of blankets on the patient, as the influence passes through any number of thicknesses.

Watch the pulse, and apply the passes whenever it becomes high or the skin hot.

These passes are made from head to foot : they soon reduce the heart's unnatural action, and open the pores of the skin.

FALSE MEASLES (see *Rose Rash*).

MOLES AND MOTHER'S MARKS.

So called, because usually congenital; and sup-

posed to be the effect of some fright or fancy of the mother while pregnant.

The mole may often be removed, when unsightly, by the insertion of a needle, dipped in strong acetic acid, into the side of the protuberance.

This operation will generally remove morbid, growths in a few applications. Another way is to tie a hair around the root, which will generally destroy them. The other marks which frequently disfigure many, otherwise, beautiful faces, may often be got rid of thus:—Stew marigold flowers in an earthenware vessel in the oven, with a little water, until they form a slimy pulp, and apply to the part, in the form of a poultice, every night. It should not be removed until morning. This can do no harm, costs but little, and is often effectual. This application will also remove any cicatrix, or marks from burns, old wounds, etc.

MORTIFICATION—GANGRENE.

DIAGNOSIS.

This danger may be detected, if internal, by a cessation of all pain, contracted features, extremities bloodless, and cold; and by the patient suffering great anxiety.

External mortification will show the change, by the inflamed part altering to a livid colour; the congested part becomes soft, creeping, or spreading; but when sufficient vitality remains in the surrounding parts, to resist this death-march, a distinct white mark surrounds the inflamed part, and the dead matter is suppurated and loose.

REMEDY.

Both internal and external measures should be taken, with decided energy, in all cases where danger is apprehended from this extreme climax of fevers or inflammations.

The vital forces should be at once aroused, and taxed to their uttermost. Local stimulants of the most powerful nature should be applied immediately.

The patient should at once have administered internally, a tablespoonful of ferment yeast, every hour, for three or four times, after which 25 to 35 drops of avena sativa in a little very hot water, alternating with the yeast, every two hours or more, or oftener if the effects go off quickly.

Nourishing gruel should be administered, with as much powdered cinnamon mixed with it as the stomach will take.

Make a poultice of slippery elm bark, hot water, and yeast; but take care the heat does not destroy the ferment-properties of the yeast. The yeast will almost be sufficient, without water. This poultice should be applied every hour, in bad cases.

Boiled turnips, very hot, well covered with powdered cinnamon or bayberry bark (either of which may also be freely sprinkled on the part), should be applied.

A poultice of vegetable charcoal, mixed with yeast and a little flour, is also very efficacious; but be sure the yeast is never brought in contact with hot water, or the ferment-germs will be destroyed, and the poultice rendered useless.

MOTHER'S MARKS (see *Moles*).

MUMPS.

DIAGNOSIS.

A germ-disease, highly contagious and infectious, and capable of easy dissemination.

The blood swarms with minute organisms, which arrive at maturity in about four days, when the highest feverish symptoms exist.

Symptoms:—Chilliness, languor, pains in the head, back, and limbs, swelling of glands of throat, sore throat, stiff neck, and jaw; water usually scanty and high coloured, with heat in passing.

REMEDY.

Complete rest. Open the kidneys and bowels.

Keep the extremities warm, and the throat well covered with dry flannel.

Sponge the body all over, with dilute acetic acid; and administer an infusion of:—

Clivers .....
Sanicle .....
Burnet .....
Saxifrage .....
} equal parts.

Well cover with water; gently stew for one hour, and sweeten with glycerine or honey.

Dose.—One tablespoonful, every two hours.

NETTLE RASH.

DIAGNOSIS.

The result of a deranged stomach, through partaking of food containing poisonous properties; or by a peculiar state of the gastric juices, which are thrown to the skin, causing burning irritation and painful tingling, resembling the stinging of nettles.

The eruption forms in weals and streaks; hence its name. It disappears from one place, and crops up in another; and is often very painful and troublesome.

REMEDY.

Administer—

	oz.
Yellow dock	2
Clivers	2
Nettles	2
Water	3 *pts.*

Boil, and sweeten with honey or treacle.

To be taken as often and in as large doses as the stomach will receive.

Alternate with a tonic made of—

Bayberry bark,
White poplar bark,
Wild thyme,

as before administered.

NEURALGIA.

DIAGNOSIS.

Neuralgia may sometimes be caused by decayed teeth, wounds, tumours, cancer, fatigue, anxiety, brain-affections, or anything tending to lower and depress vitality.

This disease is known by many names, according to the cause or seat of pain: such as tic-douloureux or facial neuralgia, hemicrania, pleurodynia, sciatica, meagrims or brow ague, the last of which ought to be called "quinine poisoning," as it invariably occurs through the deposits of quinine, administered for some other but less acute disease.

I heartily wish that the ignorant bigots, who swear by such remedies as quinine, arsenic, mercury, bromides, vaccination, etc., in spite of all the efforts made by unprofessional intellects to popularize more natural and efficient remedies, could, by some means, have the pains and sufferings of their unfortunate victims transferred to themselves, and be thus rendered conscious of their errors. Then magnetism, nature's true vitalizer, would become popular and fashionable; and those poisonous abominations committed to the limbo where cupping, blistering bleeding, etc., have, thanks to Homœopathy, been, only recently transferred.

The great factors of this painful malady are indigestion, non-assimilation of food, with its common result, impacted fæces, fermentation, causing windy distention of the lower intestines, and consequent obstruction to the nerve-circulation.

The impoverished nerves are no longer able to throw off the inflammatory deposits made by the impure blood—a natural condition or result of defective nutrition. Other depressing causes may contribute largely to the nervous derangement, but in an improvement of the vital forces will be found a permanent cure.

REMEDY.

Whatever may be the cause or locality, this disease, except those forms produced by quinine, etc., which admit of a slight difference in the internal remedies, is subject to one course of treatment.

Take steps to stop the production of uric acid in the stomach, which is generally the chief cause of the trouble.

This can only be done by such medicines as give tone to that organ, and cause a proper flow of that important sanitary vitalizer, the gall.

Administer:—

	oz.
Wild Thyme	1
Sweet Marjoram	1
Wood Sage	1
Saxifrage	1

Made as directed in the instructions for infusions But for the remedies for that form of this complaint produced by quinine, etc., see *Brow Ague.*

Local applications may often be necessary, in order to give temporary relief as quickly as possible.

A poultice of stewed camomile flowers, or a cold fomentation of acetic acid and peppermint, may be used. After which, dry hot flannels should be applied to promote perspiration.

If the pain occurs through decayed teeth, take strong tincture of golden-seal root (hydrastis canadensis). Put a teaspoonful into the mouth, let it soak well into the roots of the teeth, and keep it in the mouth as long as possible. This will invariably give relief, and, after a few applications, cure. It will also preserve the teeth from further decay; and quickly heal all gumboils, ulcers, and other mouth-sores.

MAGNETIC TREATMENT.

In neuralgia, however, magnetism seldom or never fails to give relief at once.

It should be applied in a similar manner in all cases; and should have for its object the raising of the vital powers throughout the whole system, by increasing, first, the permanent activity of the brain and spine, then the whole of the nerve-centres; and having accomplished this, to assist nature, or rather the nerve-force, to remove the offending obstructions, and pass them off by their natural channels.

First magnetize the back of the head, down the spine, and off at the hips; sometimes across the shoulders, and off at the arms, for fifteen minutes.

Then make passes from that part of the spine which governs the seat of pain, drawing the fingers over the part affected, and off at the nearest outlet.

These passes should be made with the lightest contact possible. Continue this until all the pain is gone; then commence the medicines for the removal of the cause, and do not relax your efforts until the stomach is thoroughly restored to its normal condition.

NIGHTMARE.

One of the many results of indigestion. The pressure on the heart impedes circulation, causing a sense of suffocation, frightful dreams, and great anguish. The brain becomes involved, and the patient strives to extricate himself from some imaginary distress, sometimes going through convulsive and painful contortions, until, by a fall from the bed, or by some supreme effort, he succeeds in relieving the heart; and so terminates these distressing symptoms.

A similar condition may sometimes occur through an

obstruction of breathing, and is most common to those persons whose hearts are weak.

REMEDY.

Those troubled in this manner should strictly observe all the remedies recommended for indigestion: dine at mid-day, and only take a light evening repast, drinking a tumbler of very hot water on going to bed, with a teaspoonful of tincture of bugle and burnet mixed with it; this remedy will prove a specific, having been well tested.

However good the remedy, it cannot pay the penalty imposed by outraged nature, for the persistent and long-continued violation of her laws; and, from long and close observation, I have no hesitation in asserting, that late dinners and suppers, in seven cases out of ten, are the cause of nightmare and restless, sleepless nights, disturbed by unpleasant or horrid dreams.

Persons advanced in years ought to know that their stomachs are not able to bear a heavier load than their backs, and that, though the load may be removed from the back, it cannot be so easily removed from the stomach.

The saying, "Eat well and drink well, to keep up the strength," should be rightly understood to mean, that to eat and drink sparingly of proper food, and at the proper time, is to eat well and drink well.

If undigested food be in the stomach, it cannot, lie inert, for it is working mischief as it ferments causing flatulence, qualms and pains; the brain sympathises, and becomes excited; the distended stomach prevents the heart's free action; the circulation is impeded; the capillaries of the brain become gorged, and cannot find an exit. Then dreams and

nightmare follow, and the nerves receive a shock that, if the cause be not removed, is not recovered from for days, perhaps weeks; and is often the beginning of some of those horrid complications which defy all remedies. They lower the sufferer's vitality, racked and weakened both in body and mind, who often becomes a misanthrope, shunned by everybody. A misery to himself, he cannot then help it; and the very knowledge of this helplessness makes him peevish, and the want of sympathy with his sufferings by everyone around him paves the way to a miserable death.

Abstemiousness in eating and drinking is advisable in the young; but, to the aged, it is life.

Many are of opinion that dreams are natural, that the brain never rests, and that we are always dreaming when asleep; but I consider such opinions are due to want of observation, apart from psychological influences, the healthy brain should be at complete rest during sleep.

The restless disturbed sleep, usually accompanied with sudden staring, screaming, talking, or tossing in bed, are sure signs that mischief is going on in some internal organ, and the most susceptible of these are the heart and stomach, which are so intimately connected, that one of these organs cannot suffer without involving the other. Hence palpitations, heartburn, pains in the head, spasms, the heart stops beating, flutters, and beats again; while fears of death crowd the mind of the unfortunate dyspeptic.

These sufferings, during the hours of gloomy night, should teach us to live so as to avoid these dangerous, painful, and unpitied results of indiscreet indulgence at the table. Parents who, through

ignorance or stupidity, destroy the beautiful arrangements of nature for the physical and mental development of their children, should feel the responsibility of their position, and seek by every rational means to promote thorough rest and unconscious sleep, free from dreams of any kind, however short. The brain should rest, as well as the limbs, and a short dream of a few minutes may contain the events of days or weeks. I have reason to believe, that the brain is so active, while dreaming, that events which would occupy weeks to carry out in their natural course, come to maturity and are over, in a marvellously short space of time, some of these dreams being of a most frightful character.

The dreamer awakes from a restless night of dream-filled sleep, though the facts may be forgotten, as weary and exhausted, as when he lay down; suffering from a mental strain, which must soon produce disastrous results; and often leaving impressions on the mind, while waking, of the most melancholy depression, which require days to shake off. Therefore, instead of looking at disturbed sleep as merely a dream, as is often the case, it should be understood as the effect of some serious derangement, which, if allowed to go unchecked, may wreck the fond hopes of the indulgent but unwise, or weak-minded parent, leading the strongest and brightest to a miserable and untimely death. I strongly advise all who would avoid restless sleep, to eat only such food as will unconsciously digest, and perfectly assimilate. Dine early, sup early and lightly. Keep the skin clean, the kidneys open, and the bowels regular; then the brain, nerves, stomach, and muscles will find perfect rest. If the symptoms do not yield to the

treatment I have already prescribed, refer to indigestion, and treat accordingly.

NOSE—OZENA.

DIAGNOSIS.

A constant stench in the nose, with a discharge of foul matter, and often a stoppage.

Generally the effect of uncured inflammation of the mucous membrane; sometimes, as in the case of children, caused by pushing paper, peas, pebbles, etc., up the nostrils.

REMEDY.

Under these circumstances the nose should be thoroughly examined, and any foreign body removed with tweezers or forceps. The best remedy that can be employed, after the removal of any such body, is burdock ointment, or dilute hydrastis canadensis, alternating each day with sanguinaria, bugle, self-heal, or knapweed. Either a tincture or a common infusion, put into a spray-producer, and sprayed up the nostrils and mouth, drawing the spray well up with the breath. The oftener the application, the quicker the cure. Burdock, clivers, and cinnamon, made into a tea, and taken freely, will greatly assist a cure.

OVER-EXERTION—FATIGUE.

There are few among us who have not had to exert our strength and energies to the uttermost, at some period of our lives; and, on rising the following morning, the effects have been felt even more painfully than on going to rest. The hands and feet have been sore; the muscles of the arms or legs, or both, have ached worse than when the task of the day before was ended, and the labours of the coming day may be as heavy as the one from which we are feeling the painful effects. How welcome a simple remedy should be, to the thousands of unhappy

toilers whose hard lot entails such painful experiences as these; nevertheless, this remedy is easy to obtain, cheap, and, as I, from experience, can assert, very effective.

The feet and legs should be bathed in about two quarts of warm water, to which a tablespoonful of tincture of arnica has been added, and the muscles of the legs or arms fomented for ten minutes; also from two to five drops of the strong tincture should be taken in a tablespoonful of cold water, before going to bed.

This will take away all those aches, pains, sense of weariness and exhaustion, by the morning.

OZENA (see *Nose*).

PARALYSIS, OR PALSY.

There are many forms of paralysis, as well as many causes, but the chief cause seems to arise from chronic indigestion, with the indiscreet use of mineral medicines, given for the temporary relief of heart-burn, acidity, flatulence, or some of the many forms of that predisposing cause.

I have no hesitation in asserting, that there is not anything, in the whole list of mineral medicines, alone or in combination, which can be administered for the relief of any form of indigestion, without producing serious after-effects, either by weakening the digestive organs, lowering the vital forces, by dangerous deposits, or by all these evils combined. They may set up a chemical action affording temporary relief, but, in doing so, leave a combination of dead matter in the system, forming a concrete which can never be assimilated, nor pass away

through the natural channels. This dead matter is inert, when taken into the system, because it has never been imbued with the life-spark we call spirit. All vegetable matter contains mineral salts, but they live, they are living combinations of spirit and matter, and can never die, although their individuality becomes blended with the higher states of development. They have passed through the intermediate stages of evolution, or that laboratory of nature which renders them fit to blend with life in another form.

The higher the development of vegetable organisms, the more easily they assimilate with animal life in a natural state.

The more living spirit they contain, the more they will elevate and sustain the vital forces. Therefore my theory is, and I base it on observation, that in the administration of dead matter, which has never received the breath of life, the matter remains inanimate, deposits in the lowest forms, causing, by its presence alone, obstructions to all the active functions, corrupting and clotting the blood, and other fluids, with a load of dead matter, which retards their progress as they pass through the fine intricate channels of the brain. These channels become obstructed and paralyzed; and what is accomplished in the blood circulation has its parallel in the nerve-force, which, although invisible, still circulates through the nerves (notwithstanding the evasion of prejudiced obstructionists), and, like Galileo's planets, revolves, and will continue to revolve, when their addled brains are at rest. I must beg to be excused this slight digression, and plead I am anxious to show the cause of an effect. All writers on this subject, ignoring their own share in the production of this disease,

divide and subdivide it into numerous classes calling them by as many comical names as would paralyze the tongue of a scolding woman to pronounce. Here is a sample—pseudo-agitans, diphtheritic, hemiplegia, etc., according to their locality and symptoms; but my firm belief is, that, with the exception of some mechanical accident, the whole string of varied symptoms could be traced back to the injudicious but fashionable treatment, now popular, for indigestion.

I was called to a lady in the country who was suffering from facial paralysis. She had but recently recovered from an attack of bronchitis, and one of the first sentences she uttered, when magnetism had rendered speech possible, was,—"What can have been the cause of this affliction? I no sooner partly recover from one trouble than another, more virulent, strikes me. Can you see any cause for it?" I replied, "I cannot at present, madam; but if I were acquainted with the history of the treatment in your recent illness, I might be able to do so."

This answer might be safely given to nine-tenths of such inquiries.

When will people learn to judge these matters for themselves?

The mischief having been done, the only course is to apply the best available treatment; this is undoubtedly massage, magnetism, and rubbing.

REMEDY.

Never mind the doctor's injunctions to keep the patient quiet, and let nature restore him; but peg away as hard as you can, and as soon as you can, and help nature as much as possible to restore the vital forces to their normal condition.

Administer 25 drops of avena sativa, three drops of

hydrastis canadensis, and, according to the state of the stomach, two drops of podophyllin; or the podophyllin may be replaced by three drops of cypripedium, in half a wineglass of very hot water, four or five times the first day, and three or four times after.

Also a strong tea, made as follows:—

	oz.
Heartsease	1
Pellitory-of-the-wall	1
Catmint	1
Wild thyme or wild marjoram.....	1
Rain-water	3 *pts.*

Boil the heartsease and pellitory for fifteen minutes, and pour, while boiling, on to the other ingredients.

Sweeten to taste, with honey or glycerine.

Dose.—Half a wineglassful, alternating with the first mentioned remedy.

Rub the spine, stomach, head, and legs, until they become red. Massage the muscles well, also each side of the spine. Then rub in a preparation of wormwood, southernwood, and dilute acetic acid, or horse-radish and sanicle, with a teaspoonful of tincture of arnica; buttercups boiled, and applied to the spine and lumbar regions, until the skin is thoroughly red; then magnetize the body all over, from head to feet, every ten hours; and if any medical man tells you the treatment is too strong, laugh at him. If the bowels are constipated, give teaspoonful doses of cascara sagrada, in some stimulating syrup until relieved.

On recovery, pleasant exercise, salt baths, sponging with acetic acid, good plain food, and anything which gives permanent tone to the system, should be encouraged; but magnetism is nature's chief remedy.

PIGEON-BREAST.

This deformity may be remedied by placing one hand flat on the back and the other on the projecting breast, with firm, but discreet pressure. This must be done before the cartilages or the ribs become ossified. Keep the pressure on for from eight to ten respirations. Repeat this four or five times a day, and, although no visible effect is at once produced, in from fourteen to twenty days, if continued, it will work wonders. Also place both the palms of the child's hands together across its chest; then separate them by opening the arms as far back as possible, in a straight line, without injury or producing pain to the child. This should be done a little at first, and increased every time a little; but be careful not to overstrain the arms. Do this four or five times a day, several minutes at a time, carefully and skilfully.

Stroke the spine with the finger-ends on every opportunity, also gently rub the chest, back, and hips, with the naked hand, after washing the child; but on no account produce irritation or unpleasantness.

PILES.

DIAGNOSIS.

Small tumours or knots of varicose veins, both internally and externally; and, when congested, they are painful and troublesome.

REMEDY.

If they occur through a congested liver, that organ must be corrected; and the general health restored. The same rule applies to any other cause.

An injection of hamamelis, a dessertspoonful in a pint of tepid water, will often tend to keep the bowels in good order; but the burdock ointment is one of the easiest, safest, and surest remedies that

can be had. A suppository of that ointment, every night, will give quick relief. The celandine ointment is equally good, in obstinate cases.

A lotion of silverweed, burdock, or bogbean will be found equally useful to bathe with; and sanicle, burnet, and bugle will make a good tonic to correct the stomach, liver, etc.; also for local application.

POLYPUS.

DIAGNOSIS.

A soft, spongy, pendulous tumour, pear-shaped, of a yellowish colour, and gelatinous, the fibrous kind being often malignant and dangerous.

They appear in the throat, ear, nose, womb, rectum, etc.

REMEDY.

The most successful and easiest mode of treatment is to insert a morphia syringe into the centre of the nucleus, and inject a few drops of acetic acid. The pain only lasts a few minutes; and a few applications will destroy it successfully, without return. An infusion of sanicle, clivers, and bogbean, taken internally, will cleanse the blood from any predisposing matter.

PRICKLY HEAT.

DIAGNOSIS.

This is not very familiar in England, but too well-known in hot climates. A very troublesome and disagreeable companion. It is a small red pimple, no larger than a pin's head, producing a prickling, tingling sensation; generally affects the parts under the clothes, and makes an Englishman, in hot climates, wish himself home again.

REMEDY.

A tea of balm, sanicle, and clivers will be all that is required to cool the blood and brace the skin; but, if the irritation is great and persistent, an ointment made with—

Salicylic acid	40 *grs.*
Lard	1 *oz.*

will give immediate, and, nearly always, permanent relief.

QUINSY.

DIAGNOSIS.

Inflamed throat, a combined effect of disordered stomach and common cold. It commences with shivering, succeeded by fever, headache, pain in the throat while swallowing, hoarseness, frequent efforts to clear the throat. On examination, the throat appears raw and granuled, with swollen tonsils and tongue. Inflammation frequently extends to the ear, glands, etc.

REMEDY.

Energetic measures must be taken, or dangerous symptoms may set in.

Promote perspiration by any means at hand; sponge the top and back of the head and spine with acetic acid, until it is thoroughly red, then sponge it off with very hot water, infusing as much heat as possible.

Put a poultice of barley meal, sprinkled thickly with powdered cinnamon, all round the neck; or boiled elder leaves will do as well.

Inhale the steam from acetic acid, hot water, and wormwood. Magnetize the back of the head, throat, and glands until the swelling subsides or breaks, after which, gargle the throat with hydrastis canadensis one part, water three parts; or, a tea made of wormwood, bugle, or knapweed. A little flour of sulphur, with water, will assist.

Drink freely of balm tea and sanicle or knapweed. Keep up perspiration by the application of hot bricks to the feet, etc.

In convalescence, give white poplar bark, bugle, wild thyme, and knapweed, made as before directed.

RICKETS.

This disease may be the result of an unhealthy or debilitated state of the father or mother, at the time of conception; or may be produced by the foolish and unnatural practice of physicking, over-feeding, or the opposite, bad nursing, by overtaxing the endurance of the child, keeping it in an upright position, with continued pressure on its tender spine in the early part of its life; the poor little sufferer's vertebræ are compressed by this treatment, until the vital circulation is obstructed, and the organs are unable to perform their functions.

The child becomes restless and uneasy at night, drowsy and listless by day. The flesh feels soft and flabby; the bones are soft; the joints the head and abdomen enlarged to an unnatural size, while the muscles are emaciated.

This state often arises from the unnatural methods of treating measles, whooping-cough, scarlet fever, etc., or may be the result of scrofula, syphilis, or consumption in former generations. It may also be, and often is, the result of vaccination. In the latter case it is hard to cure when fairly established; but care and perseverance, with attention to the simple laws of nature, will work wonders.

REMEDY.

A complete and absolute change of food, air, and habits, should be the first consideration. If the mother's milk is at fault, a change should be made at once.

Plenty of sunlight, dry air, and exercise on the grass, if possible. Warm baths, with a large shovelful of garden mould mixed with the water. Dry friction all over the body, with the naked hand, particularly on the spine and scalp. Warm sitz baths with water in which potatoes have been boiled in their skins. Warm flannel clothing, well-ventilated shoes, and thick woollen socks, as open as possible; the softer, coarser, and the more open the flannel clothing they wear, the better.

A syrup of—

	oz.
Kidneywort	1
Burnet	1
Liquorice	½
Honey	4
Water	2*pts.*

Boil the three first down to 1½ pints. Strain, add the honey, and gently simmer for a quarter of an hour longer. A few caraway seeds or sassafras chips will improve both taste and effect.

Dose.—A teaspoonful three or four times a day.

Another remedy is :—

	oz.
Caraway seeds	1
Catmint	2
Heartsease	½
Slippery elm bark	½
Honey	4
Water	3*pts.*

Boil the heartsease and bark down to a quart: pour, while boiling, on to the honey, catmint, and caraway seeds. Let them stand until cold; strain, and bottle for use.

If the child has a cough, an ounce of thyme may be added to either of the above syrups.

Dose.—A teaspoonful three or four times a day.

Let the child sleep as much as possible, and lie on the floor to plunge and kick, without restraint.

MAGNETIC TREATMENT

The body should be magnetized all over, twice a day, morning and evening, with long passes from head to feet.

RINGWORM.

DIAGNOSIS.

A little insect which throws up small blisters, forming a circle of irritating eruption. This disease is contagious, and is easily recognised when seen.

REMEDY.

Make an ointment of savine and lard, as directed, and smear the place, rubbing it well in; or, take half-a-dozen nutgalls, bruise them, and steep in half a pint of water, add an ounce of copperas, and wet the place several times a day.

Strong tincture of hydrastis canadensis, or blood-root, or wormwood, would also be found beneficial; but they should be frequently applied to the place. Diluted Condy's Fluid will make the hair grow, when the insect is destroyed.

ROSE RASH—FALSE MEASLES.

DIAGNOSIS.

This disease may be mistaken for measles, or other eruptive fevers; but, unlike them, it is not accompanied with any catarrhal derangements, and only appears in summer.

It forms red rings, the centres of which seem unaffected; they are hot, and itch, causing much smarting.

At night time, the rings are about the size of a threepenny piece, of a rosy pink colour, with the centre apparently unchanged.

REMEDY.

A tea or syrup made of balm, clivers, and sanicle, with honey, and a little lemon peel, and given in teaspoonful doses will prove sufficient; touching the skin with burdock, or blood-root, or sulphur ointment, will stop the smarting.

RUBEOLA (see *Measles*).

ST. VITUS' DANCE—CHOREA.

DIAGNOSIS.

The symptoms characterising this disease are convulsive gesticulations, and loss of power to control the muscles; twitchings and jerkings of the limbs, spasmodic contractions of the muscles of the face, etc. These are often caused by sudden excitement, worms, derangement of the uterine functions, nervous debility, and, sometimes, a morbid impulse, excited by seeing and imitating others, such as stammering and stuttering will often produce.

This state, no doubt, is produced on highly sensitive subjects, by becoming under an electro-biological condition by contact or association with those already suffering from this, and many other diseases: chorea especially being a frequent result of this cause.

For example, in India, the scenes which take place at the worship of the goddess Devra are strongly illustrative of this fact. While under the influence of the scourge, and during a peculiar state of wild enthusiasm, brought about by certain ceremonies of a weird barbarous character, the devotee lashes himself with a chain until he is covered with blood, dancing, shivering, bellowing, shaking his head, with a convulsive motion, in front of the idol. Suddenly, the performer strikes one of the surrounding spectators, when, momentarily, the man smitten receives a shock as from an electric battery. He also becomes convulsed in exactly the same manner, tears the chain from the hand of the first victim, and bellows and flogs his own body like the former, dancing and shaking the chain, until the blood runs down his legs and back, his mouth foaming, and his eyes growing bloodshot.

After a time, the second devotee strikes another, who seizes the chain in his turn, and begins the same

round of convulsive action. From the third, the influence is communicated to the fourth, from him to the fifth, and so on, until the whole multitude is impregnated with this curious bloody ecstasy ; and, with dishevelled hair, and their backs streaming with blood, all bellow, writhe, and shake their heads and limbs with a simultaneous convulsive, movement, until they, one by one, fall to the ground exhausted. The eccentric capers cut by the Salvation Army, the convulsive antics of the New Forest Shakers, and the Jumping Ranters, seem to differ only in intensity with the above ; and the many forms assumed by religious mania in the middle ages, in pilgrimages to different shrines, and particularly the shrine of St. Vitus, from which this disease derives its name, bear out this assertion.

In this, as in all extreme excitements, we see a power at work, which, when called into activity, would prove a problem worthy the notice of thinkers. But these thinkers should be men of sound common sense and clear, unbiased minds, with more intellect than prejudice, able to discern a fact and understand it, however simple or contrary to their preconvinced ideas.—Men who have not to unlearn the work of a lifetime, in order to reconcile these discoveries with their notions of science ; for they would make discoveries not to be reconciled with any orthodox theories : rather those theories will have to melt away, before the great unexplained psychological truths.

We have recently had a pitiful illustration of this fact, in the efforts of the Society for Psychical Research to solve the problem of psychography ; and never since the time of Galileo, all through the dark ages, has any combination, whether religious or secular,

shown more determined, blind, and stupid prejudice and opposition.

REMEDY.

For this disease, I recommend the following medicine which will be found of great service :—

	oz.
Scull-cap	1
St. John's Wort	1
Mistletoe	2
Wood Betony	2

Boil in three pints of water, and sweeten with honey.

Dose.—Half a wineglass three times a day.

Should there be obstructed menstruation, give :—

	oz.
Mistletoe	2
St. John's Wort	1
Pennyroyal	2
Valerian	1

Made and administered as above.

MAGNETIC TREATMENT.

Remove the patient from all pernicious influences, and, if possible, induce the mesmeric sleep.

A few determined passes down the spine, and over the part most affected, will suffice to remove obstructions, and bring those parts again into uninterrupted action. While in this state, deeply impress upon the mind of the subject, the necessity for discontinuing the contortions, or they may be led out in an opposite direction.

Should, however, the cause be *organic*, the following treatment may be necessary. Massage the spine from top to bottom, paying strict attention to the side most affected, and, to the nerve-centres governing those parts; also the scalp and nape of the neck.

Then, letting the patient lie on his face, thoroughly magnetize the whole of the back parts, from the top of the head, down, and off at the heels, for about fifteen minutes. Turn him over, and magnetize the front, from the top of the head, down the whole body, and off at the toes, for fifteen minutes longer. Leave him to sleep an hour, if inclined.

Repeat this process every twenty-four hours.

SCIATICA.

Before describing my mode of treating this painful disease, or giving my opinion as to the cause, I should like to call the attention of my readers to a letter I have just received from a doctor in the West of England, with my answer, which, together, may throw some light on the cruel bungling to which the victims of this disease are subjected.

It is a disease as easy to cure, with my combined mode, as a common cold; but to the faculty it is an inscrutable riddle.

Here is the letter, which says a great deal in a few words :—

"Mr. Younger.

"Sir,

"I have a patient down here who is a victim to a profound nervous disorder which has existed for some years, one of the most prominent symptoms being sleeplessness, which is not benefited by morphia, and in fact for which the only relief obtained at all is the use of chloral. Of this he is himself afraid, and is very desirous that some other means should be tried. In the last few days mesmerism has been tried, but without effect, by a visitor to this town, who confessed that his efforts had failed. Major M. has given me your address, and I am deputed to write to you to ask, in the first place, if you would be able to come here. In the next place, if you think the case worth attempting; and in the third place, if you thought it worth while, what your charge would be. The patient is a very tall man, and somewhat emaciated, about fifty to fifty-five years of age, of highly cultivated and

active mind by nature. This he has probably over-used. Three or four years ago he was attacked, as nearly as I can make out, with sciatica. Not yielding to the treatment employed, it was resolved to treat it with seton in the nerve, entirely without benefit, but rather exacerbations of the trouble and paralysis of the affected limb. He is now entirely confined to bed, scarcely sleeps, complains of intense and almost intolerable pains in the hands, feet, and elsewhere, distaste for food, and the sleeplessness of which I speak. We shall be glad of answers to the questions I have given you, and I remain,

"Yours faithfully,

"J. H. M."

My answer was as follows :—

"DEAR SIR,

"To the three questions you put, viz.—if I shall be able to visit you?—if I think the case worth attempting?—and third, the cost? The two first I will embody in one answer. If I come to you, my visit must of necessity be very short; and to treat such a case successfully would entail more time than I could devote to it personally. But if you have a strong, healthy intelligent man or woman, whom I could instruct how to manipulate him, I have no doubt of ultimate success; but they must be a higher type of manhood than the so-called mesmerist, who has already tried his hand, and owned himself a failure, after a few trials. These are the miserable charlatans from whom this science suffers. A man, to be a true mesmerist, must be (putting aside all claims to moral qualifications) a man of indomitable will, with large hope and unswerving perseverance. One in whom an apparent failure should stimulate to more determined efforts, and the putting forth of powers which must conquer. My long experience in such cases, justifies me in asserting that when the proper application of this power fails, especially if judiciously assisted by natural medicines, there is no hope for any other treatment to succeed.

"A cure cannot always be accomplished by both means combined, in a few days, where the disease has taken years of medical bungling to bring about. The system may be full of mercurial, arsenical, or other mineral deposits. The reflex symptoms you describe in the hands, feet, and other parts, as excruciating and almost intolerable pains, point strongly in that direction. All these deposits require time to become absorbed and thrown off by this vitalizing influence. Again, the use of chloral must retard

its action on the brain and nerve-centres, at any rate, until they are relieved from some of the unnatural pressure ; but if anything will perform this difficult and complicated task, it is mesmerism in some of its many methods of application, but which, in unfit hands, may do but little good. Perseverance, patience, with well-directed will-power, will do what often appears miraculous, because it is the pure application of a natural law, and we with mesmerism have the advantage over all other methods of treatment, by working *with*, instead of *against*, nature. At the same time we claim a little, only a little, of that indulgence so largely shared in by all other systems, and particularly that which has brought the poor sufferer to his present condition," etc., etc.

Pardon this digression. The lesson it teaches must constitute my apology.

It needs no comment when I assure my readers that in all my long experience, I never had a case of sciatica which I did not cure within six months, and in some cases, within a week.

Notwithstanding these facts, men of cultured mind, like the one described above, prefer to have their nerves eaten asunder by setons and other barbarous treatment, which paralyze them for life, utterly destroying their nervous systems.

This disease, when properly understood and traced to its cause, is as simple and as easily cured as any other. The cause does not lie in the sciatic nerve at all, but is the result of impacted fæces in the colon, caused by indigestion ; and, unless this cause is removed, all the setons, blisterings, drillings, and other paralyzing agencies will only aggravate the symptoms, and cause the disease to become so deeply rooted as to defy all remedies.

The system becomes weakened and emaciated by the application of those barbarities ; the nervous system shattered by constant strain and excruciating pains. Outraged nature cries, "Let me alone ! drive away these licensed leeches who are sucking out the

life-blood, and bringing the vital forces into hopeless inutility." Then, frightened into temporary obedience to the dictates of common sense, a little light bursts upon these highly cultivated minds, with a desire to try something else. Urged by the penalty, the excruciating agony of the suicidal submission to this barbarous practice, this desire becomes stronger, the wish is communicated to the very men whose vested interests would be compromised by a successful application of a natural and more humane method of cure. These men "pooh, pooh!" this inspiration; and if the poor sufferer still determines to try, seize every opportunity to magnify an apparent failure, from its misapplication, and distort it into quackery. Once fail to undo in a few hours, all the mischief these men have taken years to inflict, and see how ready they are to exult over you, and, like the imbecile in the foregoing letter, persuade you to acknowledge that mesmerism has failed.

Unless the operator be a true exponent of the science, endowed with all the natural acquirements, and especially that most essential of all, a total abnegation of self, or, in other words, one who can feel and manfully acknowledge, that a failure is rather due to his own incompetency than any defect in the science, such a man is sure to succeed. Far be it from me, however, to include in these remarks the whole profession. All the influences that have been brought to bear upon the tender mind of youth, by the pulpit, the platform or any other emissary or advocate of caste, privilege, divine right, monopoly, etc., they have not succeeded in quenching that heaven-born fire of truth, honour and manly love of independent justice burning in the noble hearts of some. I can count many grand specimens

of honest manhood among the medical profession, who utterly refuse to be bound hand and foot by the antiquated, galling fetters of any school, clique, trades union, dogma, or creed. These men, however, have to pay a heavy penalty ; they are often branded as renegades ; they seldom rise in their profession, and,however clever or successful in the alleviation of suffering, are held back, isolated, and, if poor, are likely to remain so. The hard-working practitioner gets no fancy-fees,although his true knowledge may exceed a hundredfold that of the mighty specialist.

To minutely describe all the symptoms of sciatica would only try the reader's patience further; and, feeling I have already trespassed far enough, I will hasten to the conclusion of this article, and hinting at the cause, give my mode of treatment.

At the first attack of pain in the thigh and knee, trace back a few weeks, and ascertain if the patient has not been suffering from indigestion in some form, accompanied with suppressed evacuations, with sticky or lumpy fæces, heartburn, sour belchings, flatulence, etc.,causing distention of the lower intestines,and often clay light, coloured stools, etc. All these symptoms point to an absence of gall, which important secretion should act, not only in preventing fermentation, but in hindering the fæces from adhering to the walls of the colon or pocket, which is designed as the receptacle to accumulate a sufficient quantity, to obviate the necessity of inconveniently frequent evacuations. The sticky formation of these evacuations, through want of gall, allows them to adhere to the walls, forming a compacted mass, which, fermenting, throws out gases, these distend the lower intestines, and stop the flow of the nerve-circulation, which means

partial death of the sciatic and other nerves. Inflammation sets in, through deposits on these weakened parts, of morbid matter, or living microbes, already in the blood, which should have been passed off through the kidneys; but these organs have been contracted and rendered inactive, by the acid generated in the stomach. Being unable any longer to perform their functions, the blood has become charged with poisonous matter ready to deposit on any part where this nerve-death has occurred, or where an insufficient flow of vital aura, from the spine and brain, allows this nerve-death to take place. Inflammation of these nerves sets in; hence those pains called sciatica, neuralgia, etc., which receive their names according to the locality or seat of pain.

Now I appeal to any man or woman of common sense, whose mind has not been warped by a medical education, whether they would endeavour to remove this trouble by local applications, such as boring holes in the affected part, putting a skein of silk through the inflamed nerve, to set up and maintain suppuration, and cause it to discharge matter, even to the total destruction of the nerve, consequently producing paralysis of the limb beyond, and the derangement of the whole nervous system; or would they rather try to suppress it, by first removing the cause in the stomach, emptying the impacted colon, and restoring the natural circulation by harmless medicines, which not only act in this direction, but strengthen every muscle, nerve, and sinew of the body, cleansing the blood, and building up a sound, healthy constitution.

If the impact is difficult to remove, rub over the colon with croton and olive oil; let them sink in until copious evacuations take place, or the skin

becomes uncomfortably irritated. Also administer the following medicine:—

	oz.
Burnet	2
Kidneywort	2
Pellitory-of-the-wall	2
White poplar-bark or Barberry bark or Golden seal	2
Water	3 *pts.*

Boil the whole, and sweeten with honey or treacle.

Dose.—A tablespoonful, four times a day.

This will correct and strengthen the stomach, flux the gall, cleanse the liver, heal and strengthen the kidneys, purify the blood, and give tone to the whole system.

The bowels should be kept open by teaspoonful doses of cascara sagrada, two or three times a day; or a tablespoonful of whole linseed, steeped for an hour in a wineglassful of cold water, and swallowed without crushing the seed. Two such doses daily, will be found the best, safest, and most effectual aperient that can be used, being free from the objections common to this class of medicines, and unvaryingly successful.

The action of magnetism, in addition to removing inflammation, by charging or supplying the partially dead nerves with living force, also throws out the obstructing accumulations.

It is a well-established fact, that the man is not yet born, no matter whether he be positive or negative, provided he be truthful, who will remain passive while passes are being made down the spine and off at the hips, for fifteen minutes, by a magnetiser of

even ordinary power, and will not confess that they cause increased evacuations by all the natural outlets.

Judging from these well-known signs, it no longer remains a mysterious power, but a natural law, which gives, at the will of the operator, a supply of nerve-fluid from the stronger and more powerful body, to the weaker and emaciated one.

Further, this power is thoroughly subservient to the will. The more we desire to impart, and the more the recipient is desirous of receiving, the more marked is the effect. Nor is this power subservient to the operator's will alone, for I have had unmistakable proofs, that this influence can be, and often is, used by intelligences outside themselves; therefore, in treating this disease, depend chiefly on magnetism.

MAGNETIC TREATMENT.

Commence by making a few gentle passes from the top of the head, down the face and chest, with the object of rendering the patient as passive as possible, then make a few similar passes down the back and sides of the head, with both hands, allowing the finger-tips to touch as lightly as possible. Draw them gently from the top of the head, down the sides, across the ears and neck, and off at the arms, varying the passes by bringing them down the back of the head and spine.

After continuing these manipulations until the patient becomes passive or sleepy, make him stand up and rest his hands on the back of a chair, seat yourself in another, behind his back, and make vigorous passes down the spine, with both hands, from as far as you can comfortably reach. When

arriving at the small of the back, separate them across the haunches, down the thighs, over the seat of the pain, and sometimes off at the feet. Continue this for from twenty to thirty minutes, and, in bad cases, longer, in fact, rest and begin again. Then seat yourself on the left side of the patient, place one hand on the groin, over the right colon, and the other at the bottom of the spine. Let them remain still for a considerable time; then make a few passes from the knees and off at the feet. Repeat this every twenty-four hours, and, if the patient is not either thoroughly cured, or materially benefited, in a week, he is such a phenomenon as I have never met with during nearly forty years' experience.

SCROFULA, OR KING'S EVIL.

This disease assumes many forms, and is the result of many causes. Improper food, unhealthy occupations, want of air, sunlight, and natural exercise, inhalation of poisonous fumes, imperfectly cured diseases, hereditary taint, vaccination, or anything tending to lower the vital powers, is a fruitful cause of this disease. As these causes are numerous, I should extend this work to an inconvenient size by enumerating all phases I could remember.

Two causes, however, should not be passed over without a word or two, viz., the unnatural treatment of diseases, and vaccination.

Most diseases, if let alone, would be easily and quickly expelled by unaided nature; but the use of mercury, and other mineral poisons charges the system with virulent matter, which eats, like canker, into the vital organs; and so contaminated does the blood become, that the poor sufferer remains a prey to this disease in some of its numerous forms.

There are few children, however healthy the parents may be, unless they are fortunate enough to meet with botanic or homœopathic treatment, that do not have their constitutions injured, by these poisons; and the seeds of scrofula firmly planted, to break forth in after-life, from any slight exciting cause. Of the other potent factor, viz., vaccination, I will give my opinion in its proper place.

REMEDY.

I would recommend strict hygienic measures to be observed, in the treatment of this disease; and the use of such medicines as nature has provided in abundance for raising the vital forces and cleansing the blood, without doing mischief.

These herbs are so numerous and harmless, that if one or two do not succeed, after a fair trial, others may be substituted, without inconvenience, until the peculiar form taken by the disease or the constitution, may be met. If mercurial deposits are suspected, burdock, yellow dock, golden seal, burnet, fsaxirage, &c., are almost specifics; but any one or two of the above herbs should be accompanied with other herbs, which act locally, and raise the vitality of the part affected. These and many others will be found in the Materia Medica, and they can scarcely be misapplied. I therefore trust to the intelligence of the dispenser to select those most suited to the individual case.

SCURF IN THE HAIR (see *Dandriff*).

SCURVY.

A peculiar, unwholesome state of the blood, caused by unhealthy food, want of nourishment, or mal-assimilation, &c.

REMEDY.

When fairly established, it often defies every effort of the faculty to remove it, when mineral drugs are employed; but if taken in hand, even in its most malignant form, by simple botanic medicines, it is soon effectually driven out of the system. Clivers, yellow dock, saxifrage, burdock, and sanicle, with many others, are almost specifics for this and any other skin-disease.

Sanicle and clivers I have used with the greatest success: combined with a good tonic, their action is wonderful; but if the patient has been subjected to a course of mercurial or arsenical treatment, then burdock will be advisable at the commencement, in order to carry off and destroy the deposits left by those drugs.

It is also necessary, when making infusions from the herbs, for this disease, to gently stew them for a long time, and to thoroughly squeeze out all the juice with considerable pressure; also, not to filter or refine the product, but to shake it up before administering it, in order that the salts, which are very essential parts, shall not be lost.

These salts, unlike the minerals of the use of which I so often complain, are living forces, which have been imbued with spirit. They have passed through the lower grades of evolution, and arrived at a state fitting them for progression—a worthy position in the building of the human structure.

The following will be found a specific in most cases, but should be altered to suit any peculiar conditions:—

	oz.
Yellow Dock (root and seed)	2
Clivers	2
Sanicle	3
Balm	2

Macerate as instructed, and sweeten with honey or treacle.

Dose.—One wineglassful, three or four times a day.

The eruption may be washed in an infusion of marigold flowers, beet root, clover, ground ivy, or bugle.

SEA-SICKNESS.

This distressing trouble is often caused by the unnatural action of the intestines against the bottom of the stomach, causing irritation and a reflex action on the brain.

This may be considerably alleviated by occupying a longitudinal position, or by an abdominal belt buckled tightly round the whole of the bowels.

Keep the feet and hands warm, and the vital forces in activity, by a pure stimulant, For this purpose: avena sativa in 20 to 30 drop doses, in a little very hot water, every hour, will be found far superior to brandy, or any other alcoholic stimulant, inasmuch as it produces no debilitating reaction or nauseating effects but is a safe and wholesome nerve-stimulant.

A single-drop dose of glonine is a favourite remedy with some.

SHINGLES.

One of the many skin-diseases occurring in the upper part of the body. It encircles one half of the body, and is painful and smarting for from fourteen to twenty days. It sometimes attacks the face, neck, and thighs.

There is an old superstition, that if it extends so far as to meet round the body, like a belt, in semicircular patches, the patient is sure to die. This tale, however, is completely without foundation:

if the patient is very much emaciated, and badly treated, death may result from the treatment, but not from the disease.

REMEDY.

Administer sanicle, wild thyme, and yellow dock, made into a strong infusion, and sweetened with honey, in wineglassful doses, according to directions in previous prescriptions.

Bathe the parts affected with an infusion of savine or nutgalls and copperas; after which, anoint with burdock ointment, or wash with Condy's fluid. After which, smear the place with the oil and tar-like exudation from wheat, when burnt on an iron plate. It may cause a little smarting, but it is soon over.

To wash the part with tar-water is also beneficial.

SLEEPLESSNESS.

In the treatment of this distressing state, great care should be taken to discover the cause, which may often be found in some of the following troubles:—mental anxiety, dyspepsia in some of its numerous forms, heart-disease, pregnancy, passion, brain-fag, or the early stage of some brain-disease.

REMEDY.

If fatigue is the cause, a glass of very hot milk or water will often soothe the weary system, and regulate the heart's action. If from brain-fag, take from 20 to 30 drops of avena sativa, and three or four drops of cypripedium, several times a day, in a little hot water. This will often act like magic; or a few drops of caffeine, or stramonium, may be taken.

These temporary measures, however, should be superseded by an attempt to remove the cause, using such remedies as act by giving tone to the stomach, brain, and nerve-centres; among the best of which

are betony, valerian, thyme, marjoram, hops, bugle, burnet, and balm, any of which, either alone or in combination, while acting on the stomach, kidneys, and other vital organs, will prove pure nerve and brain tonics that will never act amiss.

If the blood be disordered, which is more than probable, give yellow dock, clivers, sanicle, burdock, or some other of the blood-purifiers mentioned in this work.

MAGNETIC TREATMENT.

Sleeplessness should be carefully and vigorously treated. Magnetism is almost a specific, if persevered in. A calm and restful sleep will often be brought about by the first few manipulations, which should be gentle, and not devoted to the head alone, but should rather aim at establishing an equilibrium, by well magnetizing the extremities, in addition to the head and the whole of the body.

SMALL-POX—VARIOLA.

DIAGNOSIS.

This loathsome, infectious, and contagious plague may be defined as an eruptive fever, produced by living, active, virulent, poisonous organisms which find their way into the blood.

These germs appear to have the power of retaining their vitality, like most other germs, in watery fluids and dry matter alike; and, when in the latter, they are, apparently, carried great distances by either atmospheric currents or some other influence, with which we are as yet unacquainted. They appear to travel until they find a suitable soil, or conditions for their development and active career. Animal and especially human blood seems to be their favourite pasture, containing all the elements suited to their several stages of active existence.

The first stage we may call the latent or dormant stage, occupying a similar position to the unplanted seed ; the next stage of existence may be termed the period of incubation, occupying about twelve days ; the next, the bursting forth or maturing period, occupying about four days ; and then the mature period, in which they colonise and oxygenate, in the complete pock. The seed ripens in scabs and falls off, either to be destroyed by the careful nurse, or to await conditions suitable for its incubation as before, but in new soil, as the human system seems to have become completely exhausted of those elements necessary to sustain a second generation, at least, until sufficient time has elapsed for the recovery or reformation of those elements upon which the germs thrive. To discover of what these elements consist, whether they are really necessary for the full development of the human species, or whether they are an accumulation of morbid matter, is a problem, I think, worthy of scientific research. I consider its solution ought to be attempted by every means at command, before their destruction is endeavoured by vaccination, with what result waits to be seen.

The solution of this problem might throw some light upon the workings of the laws of evolution. I cannot, without more evidence than at present exists, believe that Jenner, with the matter originating from the cancerous heel of a horse, can correct some mistake of the great First Cause. If those elements upon which the small-pox germ exists are necessary for the development and maintenance of that beautiful balance of forces constituting sound health, surely it is unwise and wicked for any man, however good his intentions, to upset that beautiful arrangement of nature, by infusing into the human blood, the foulest,

the dirtiest, the most loathsome, and dangerous filth that ever oozed from cesspool or graveyard, and which really bears no relationship to small-pox, being nothing less than cancer-matter. These facts are fully revealed under the microscope.

The microbe from the real small-pox virus, and that from the vaccine lymph, *are totally different in form, habit, and nature, and belong to two distinct classes of bacteria.* True, the vaccine matter produces a pock, when applied to an abrasion of the skin, closely resembling that of small-pox, only more inflamed and painful in even the best forms of its application ; but I possess at least six pure vegetable saps which will produce the same effect, under similar conditions, and have even a closer resemblance to the real pustule than the virus now in use. It has come to my knowledge, that some of these vegetable saps have often been used as a substitute for the vaccine lymph.

Now, if the theory of vaccination be true, I cannot understand why a foreign substance should be employed.

Why not use the real small-pox virus, collected from a real small-pox case, and used for vaccination ? Why use this filthy substitute, which has no real sanitary virtue or power to prevent the disease, nor even to mitigate in any way its virulence ?

A brief history of the origin of this vaccine virus may not be out of place here.

A stable-man, after dressing the greasy heel of an old horse, went to assist the maid in milking the cows, evidently without first washing his hands.

The poisonous matter impregnated the tender teats of a cow ; and, after a time, the pustules became matured, burst, and gave off matter, which touching a

slight abrasion on the hand of the maid, she became inoculated with the virus.

These events fell under the notice of Jenner, who built upon them the whole theory of vaccination, and, without considering the evils which must ensue from such a putrid source, he, by his powerful will, succeeded in deceiving himself and the public, for the greater part of a century, with the most stupendous hallucination which has ever cursed mankind. By these means Jenner went to the front, and received honours and riches; whilst poor Mesmer had to end his days broken down and in poverty, reviled and heart-broken. So much for the common-sense judgment of so-called scientists, who, like the Jews of old, prefer the scourge to the real benefactor.

A few honourable exceptions, however, existed then, as now, who have never ceased to denounce this imposition, regardless of the sacrifices their love of truth may entail. These *real* scientists, who have seriously investigated these subjects in a true spirit, tell us that nearly all the domestic animals suffer from such diseases as anthrax, plague, typhoid, pneumonia, foot-and-mouth disease, diphtheria, consumption, dry rot, etc., and other minor disorders.

Now, if this be true, what are we to understand by the following episode in the history of vaccination?

A few years ago, when the public became alarmed at the ravages made among our juvenile population by the infusion of the old vaccine virus, and parents became anxious for the health of their offspring, anti-vaccinators became very numerous and troublesome, and it was felt necessary that something should be done to quiet down this turmoil. Whereupon an ingenious but very transparent scheme was promulgated, and appears to have had the effect of appeasing for a

time the righteous indignation of the public. The vaccinators discarded the old lymph as unclean and dangerous, and, by this very act, acknowledged that up to that time they had been in a false position.

This is not the only time they have shifted ground; but, at present, I shall only deal with the last move, which speaks for itself. Well, after discarding the old virus, they come forward with an improved specimen, called calf lymph, which they represent as something safe, innocent, and free from danger; and, of course, these assertions coming from so reliable and respectable a source, quieted, at any rate for a time, the fears of the malcontents. Alas! these representations of the faculty, when inquired into, were found to be only the second act of the horrid farce, and *completely false.* I am sorry to have to use so strong an expression as deliberate misrepresentation; but I cannot excuse these men from the fact that they either accepted a false position, and so proved themselves ignorant, incompetent, unthinking dupes, or that they have lent themselves to a direct and flagrant deception. Under these circumstances can we accept the reports or statistics issuing from this source? Are they less likely to be coloured and misrepresented? These deceptions may answer their purpose for a time; but the day is coming when the public will see the necessity of having honest thinkers in the position now occupied by the present vaccinators.

Now let us examine the origin, etc., of this last edition of vaccine, called calf lymph, and we shall be able to judge if it is safer than the filth they abandoned, and acknowledged to be unsafe.

I believe the same old virus is used for producing this new lymph, and the only difference between the

old and the new is, that the virus is now collected from a *calf* instead of, as formerly, from a *child;* but the calf has first to be vaccinated with the same poisonous matter, and, when the pock has become ripe, the matter is collected in the same manner as it was before from a child, and kept for the same use. Now, in the name of common sense, what improvement has it undergone, by being passed through the system of a calf instead of a child? Does that process strip it of any of its virulence? Does it not rather pick up, or acquire, additional diseases to which lower forms of animal life are subject, to be infused into the systems of our innocent children?

At some future period, some horrible forms of disease may break forth, hitherto confined to the brute only, as the result of this new process. I cannot think, that the blending of the lower animal with human matter, in this or any other form, is anything less than that unnatural and horrible sin, so strictly prohibited by Levitical law, to prevent the production of unclean monsters—a sin visited in all ancient countries, with the death of both the man and beast.

All nature cries against the scientific outrage which plants the diseases of animals in our species, and degrades the divine image to the brute.

Call it calf lymph, vaccine, or any other misleading name, it is still the lowest form of degraded matter, the rotten discharge from the festering heel of an old horse, intensified and made more poisonous, more pungent, and more deadly, by other diseases which it collects, while being manipulated, for the purpose of playing out this cruel farce.

Recent events which have occurred in the history of M. Pasteur's experiments go a long way to prove

the foregoing assertions. One of the patients, inoculated with the matter taken from a rabbit, showed all the symptoms of a totally different kind of rabies from those occurring in dogs, *i.e.* a form peculiar to rabbits alone.

Parents, before submitting their offspring to this cruel infliction of vaccination, should consider the fearful penalties that may be exacted by nature, even to the third and fourth generations—penalties inflicted through our own weakness, apathy, credulity, or fear, which can only be paid for by the sufferings of those whom we should love better than ourselves, and for whose future happiness we should make any sacrifice. No crime can sink a man so low in the scale of manhood, or so brand him as an arrant coward, as a refusal to protect his helpless offspring. It is the duty of every man and woman to seek, by any lawful means, the repeal of the present obnoxious law, or, what would be equally effectual, the withdrawal of the emoluments. Withhold the pieces of silver, and see how soon its strongest advocates would become completely apathetic, and, in a very short time, would begin to acknowledge that vaccination does not prevent an attack of small-pox, nor in any way lessen its virulence. However, I go a long way further than this, and say that it renders the subject *more* liable to an attack ; and, instead of mitigating its severity, it rather increases it. Recovery, in consequence of the blood being impregnated with poison charged with diseases incidental to both man and beast, is also greatly retarded—death-forces which act in opposition to, and lower, the human life-forces. These death-forces may lie apparently dormant in us for a long time ; but they are ever at work pulling down what the vital forces are building

up ; ever ready, on becoming allied with an affinitive force, to burst forth into destructive action.

Our bodies should be treated as we are beginning to treat our homes, our streets, and our cities, by thorough sanitary measures.

By following the dictates of nature and common sense, we should seek to make our bodies a fit dwelling-place for a pure, happy, uncontaminated, and well-developed spiritual body, which, at the end of this, the first intellectual stage of development, can throw off the worn-out casing, which covers the nobler form, with painless pleasure, and commence the next stage with a healthy, vigorous, intelligent store of spiritual acquirements.

Acquirements free from the taint of sensual habits, engendered and perpetuated by the infusion of these poisonous abominations into the blood—habits whose influences may be found worse to conquer in the next stage of existence than in this, and which, if not removed here, may bind the enfeebled spirit in purgatorial bondage for ages.

REMEDY.

The treatment of small-pox should be on purely sanitary principles. Seek to destroy and expel the poisonous microbes, by natural means ; and, as in all other fevers, aim at keeping up the vital forces. Commence the attack in the early stages with such remedies as open the natural outlets of the body, such as frequent fomentings with warm diluted acetic acid, hot bricks applied to the feet and legs, wrapped in cloths wet with the same. Apply a compress saturated with wild clary, wormwood, common mallows, and a little cayenne pepper, changing often. Also a compress of cayenne and acetic acid, on the pit of the stomach.

Make a strong decoction of the following :—

	oz.
Pitcher Plant	2
Marigold Flowers	1
Pennyroyal	1
Black Oats	4
Sanicle or Bayberry Root	2
Rain Water	2 *qts.*

Boil all, except the pennyroyal and oats, over which the liquor, while boiling hot, should be poured.

Dose.—Two tablespoonfuls in half a wineglassful of very hot water, every hour or two.

Keep a fire in the room night and day, with good ventilation ; but no draught should be allowed to come near the patient. Two or three thicknesses of fine net curtains, well saturated in strong acetic acid, and stretched tightly before the open windows, will be found a good means of admitting a gentle flow of pure air.

They should be so arranged, as to leave a space of an inch or two between each curtain. This arrangement breaks all draught, by stopping the pressure, and thus prevents catching cold.

A little peppermint, or thymol, or cloves, or almonds, or other sweet disinfectant, may stand in open troughs between the screens.

Keep the bowels and kidneys open ; and sponge the body twice a day. The sponging should always be warm ; and when the pustules are full, apply a gruel of powdered slippery elm bark and cream, with either a camel-hair brush or a feather, to prevent pitting. A paste made of fuller's earth, mixed with an infusion of marigold flowers, will answer the same purpose. Let the patient drink, without stint, balm tea, with a little lemon peel in it, and sweetened to

taste with glycerine; or a beverage made from barberries or mint.

The food should be light, nourishing, and farinaceous. Beef tea should never be given alone, nor at all, until after the eruptive stage is past, and then should be mixed with meal or baked flour.

Every care should be taken to keep the patient warm, and free from all influences tending to suppress the eruption or interfere with the free action of the circulation.

The observance of the foregoing treatment will be found perfectly safe and effectual in any of the several forms of small-pox, cow-pox, and swine-pox.

I am not prepared to affirm that any treatment is able to break up this terrible disease; but I have no hesitation in saying, that its severity can be greatly mitigated, rendered comparatively harmless, and its career cut considerably shorter. I am also of a firm belief, that, ere long, a sure and completely reliable vegetable specific will be found which will effectually stamp it out in its early stage.

Until then, let us exercise the sacred rights delegated by nature to every parent and guardian, viz., the protection of our little charges from the degenerating contagion; also from the debasing, humiliating treatment of those despicable Acts of Parliament, which give the medical man more authority in the family than the parent.

Other reliable remedies will be found in the Materia Medica, all of which may be depended upon, having been tried and found useful.

Before taking leave of this subject, I would strongly urge the necessity of thoroughly disinfecting every particle of excrementory and other matter, before pouring it down the closet. This can be effectually

done by muriatic acid, which will be found the cheapest and most effective for closet purposes. Lastly, I would mention, that I have often heard the argument advanced, that we now seldom see people who have suffered from small-pox bearing any of those unsightly markings or pittings that were formerly such a prominent feature of this disease; and this is often claimed as the result of vaccination. No greater fallacy was ever circulated. The absence of pitting or marking has nothing whatever to do with vaccination, but is entirely due to the modern improvements in treatment, viz., covering the skin with some pigment, which protects it from the atmosphere and light during the eruptive stage.

Any of the before-mentioned lotions may be used with good effect, and will be found all that is necessary for this purpose.

In case of suppuration, make a poultice of camomile flowers, or silver-weed, or chickweed, or common mallows, any one of which will be found effectual.

If canker exist, a poultice of linseed meal, thickly sprinkled on the surface, with either, finely powdered bayberry bark or finely powdered cinnamon, should be applied to the part, warm.

To those already marked or pitted with this, or any other unsightly marks, take marigold flowers, stew them gently with a little rain-water, in the oven, until they become a slimy pulp. Time required for stewing may be from twenty-four to thirty hours; but they should never be allowed to attain boiling point. Put this pulp on the part, as a poultice, every night, removing it in the morning, and the scars or cicatrices will become absorbed, and the skin completely renewed; but this treatment must be continued and persevered with for some time.

To prevent the effects of vaccination, a little boric acid should be sponged on the arm, directly after the virus has been injected; it will at once destroy the poison, and does no harm to the child.

SPERMATORRHŒA.

The fruitful field for plunder this disease presents to unprincipled scoundrels, who prey upon the misfortunes of the victims of early indiscretion; and also the hope that a word of warning to parents may be of some service, urges me, much against my inclination, to include this subject in my work.

Much villainous trash has been circulated, and the tender mind of youth corrupted, and excited to evil, by persons whose only object has been to fill their own pockets at the expense of the physical and moral ruin of their dupes.

Parents and other guardians of youth, from a sense of delicacy, are generally silent on this, the most vital of all subjects. Thousands of children become almost hopelessly addicted to a loathsome habit, without any idea of the dreadful consequences, for the want of a little care, on the part of those whose duty it is to protect them from evil of every kind. A warning, or a little advice, discreetly given, would effectually save many from an abuse of nature, which causes not only life-long sorrow and regret, but totally unfits many for the discharge of the ordinary duties of life.

This habit is, notwithstanding the incredulity of parents, wide-spread beyond even the conception of superficial observers, and a little care, with minute observation, would soon reveal the truth,—perhaps save many sorrowing parents a life-long self-reproach, and many bright intellects from imbecility. Schools and colleges, particularly boarding-schools, are hot-

beds of this vice, and, if not properly looked after, the most prudent become contaminated.

REMEDY.

I will not affect to describe the effects of this loathsome habit—they are altogether too horrible and alarming; but, in the interest of humanity, I would urge careful, unobstrusive supervision, and firm, determined, restraining measures.

Plenty of athletic exercise, such as bathing, cricket, boxing, &c., which tend to develop manly habits, and muscular physique; free association of the sexes in games, for which I commend lawn tennis as one, all serve to divert the thoughts of those predisposed. If the habit, however, has been acquired, stringent measures must be taken by the parents themselves. Trust no one with such a case, particularly those interested in making a job out of it.

Begin by taking precautions to keep the hands away from the part; further, see that the food is of such a character as not to excite those organs. Make them rise the minute they awake; and see that they are well tired with wholesome exercise when they go to bed. Cold sponge baths in the morning, with a little acetic acid in the water, are beneficial.

Make two bags, about fifteen inches long and four inches in diameter, put about four pounds of peas, beans, or other seeds into each bag. Tie them at the mouth, leaving room for the hand to get a good grip. These bags are really superior to clubs, as they do not injure if they strike the body.

Make the lad swing them over the head, etc., for an hour, every morning. The weight and time may be increased as he becomes more proficient. Let him also throw them up and catch them. These are

beneficial and pleasing exercises, which have an excellent effect in developing manly vigor, and expelling morbid matter.

Nothing tends more to the indulgence of these habits than a sedentary life.

Hygienic treatment will do much; and, if the patient is low and desponding, magnetism, by a good manly magnetizer, will work wonders. If fits, or other brain symptoms have set in, the patient should be put into the magnetic sleep; and, while in that state, strongly impressed with the importance of chastity, and the nerve-force should be diverted from that, into its normal channels. An infusion of garden rue, wild pansy, hawkweed, and wood betony, made as before directed, should be administered in half-wineglass doses, three times a day. The privates bathed in mint, silver weed, or golden seal, made into a common infusion, will brace and cool the parts, preventing irritation.

When this habit has brought about symptoms such as impotence, involuntary discharge of the life fluid, or when the ducts have become unable to retain the seed, the following medicines will, if persevered with, and coupled with the treatment already recommended, relieve, and possibly cure, the worst cases.

	oz.
Damiana	2
Helonias	1
Bayberry bark	1
White poplar bark	1
Australian red gum	½
Bugle	1

Boil in three pints of water, and sweeten to taste.

Dose.—One teaspoonful three times a day.

If there is much discharge, 10 drops of hydrastis,

in a tablespoonful of cold water, should be gently injected into the bladder, three or four times a day. The following pills are highly recommended:—

Tinct. of Gelseminum	1 *drachm*
Tinct. of Coca	1 *drachm*
Powdered Cinnamon	¼ *oz.*

Made into three-grain pills, with gum arabic.

Dose.—One at 4 p.m., and one at 9 p.m.

This will quiet, soothe, and strengthen the parts.

MAGNETIC TREATMENT.

Magnetism should never be neglected, and the spine should be well rubbed with phosphor oil.

SPITTING BLOOD.

To decide whether the hæmorrhage is from the stomach or the lungs may be readily determined, first, by the colour, which, if from the lungs, will be of a bright red, frothy, and mixed with sputor; and there will be pain in the chest, with difficulty of breathing, and general nervous derangement; whereas, if from the stomach, it is of a dark colour, and will be vomited, often attended with sickness, and distress of the stomach: blood will generally be passed with the stools, which will not occur when the discharge is from the lungs.

Sanicle
Bugle
Wild Marjoram
Heartsease
} Equal parts of each.

alternated each day with—

Thyme
Hamamelis
Pellitory-of-the-wall
Pinus Canadensis
} Equal parts of each.

made into a strong infusion, and sweetened with honey or glycerine, in teaspoonful doses, every two hours, will generally prove effectual in a short time.

MAGNETIC TREATMENT.

The spine and chest should be thoroughly magnetized, by placing one hand over the chest and the other on the spine, gradually and slowly drawing them from the top to the bottom. Each of these passes should last from three to five minutes.

The hand of a sensitive operator will often be inclined to stop, or be held to a particular spot on its slow passage.

If this phenomenon takes place, yield at once to the influence, until your hand moves on, or becomes exhausted and falls off, without an effort.

After thoroughly charging the affected parts, magnetize the whole body, from head to foot, particularly the arms and the feet. Then place the palms of the hands on the top of the head, and remain as passive as possible, gently but firmly willing the restoration of the patient to health.

It may often be necessary to give the patient mesmerized water to sip at intervals between the manipulations. It will also prove beneficial to magnetize a piece of flannel, about six inches wide, by twenty-four inches long, to be stitched to the under-shirt, and allowed to rest next the skin along the spine.

It should be replaced by a fresh piece, every three or four days, and the old one washed and re-magnetized, and kept in the dark, ready for use.

SPRAINS.

Carefully examine the part, as soon as possible after the accident, and ascertain if there be any dis-

placement of a joint; if such is suspected, apply flannels wrung out of water as hot as possible.

If the part can be immersed in hot water, let that be done, increasing the heat gradually, until it is as hot as can be borne. When the parts are sufficiently softened and expanded, restore the joint to its proper position. If you have not sufficient knowledge of anatomy to do this yourself, send for a surgeon at once, but keep the part hot, so as to be ready on his arrival. Otherwise, fit on bandages in such a manner as to keep it firmly in its place.

On no account apply cold water, as is the usual custom; but keep the part warm, and elevated on a stool, or other contrivance. I have cured many a sprained ankle, when the patient could not put the foot to the ground, within an hour. No lotions are necessary in ordinary cases; but cold compresses should always be avoided; rather seek to stimulate the circulation.

If a compress be really necessary, it should be a hot one, made of acetic acid and cayenne pepper. A vapour bath of acid and water, may be easily improvised by having a wash-basin of hot water, with half a pint of acetic acid or vinegar, put under a cane-bottomed chair, and put in a hot brick, half immersed, having another hot brick ready, when the first ceases to give off steam. Put the foot through the rung of the chair and cover all with a blanket.

To apply a blue silk bandage to the part, and allow as much light, or, better still, sunshine, to pinge upon it, has, according to my experience, a very soothing, quieting, and healing effect, reducing inflammation, and at the same time bracing.

The effects of colours in diseases are very marked

and of great importance: I very much regret that so little attention is given to this matter.

Blue or violet will be found to be soothing, quieting, healing and bracing.

Yellow .... is relaxing.
Red .... exciting.
Black .... depressing.

The various shades have all the properties modified.

A very little reflection will convince anyone of the superior value of flooding sick-rooms with such coloured lights as will apply to the requirements of the case under treatment, rather that shut up our poor sufferers in darkness, as is so often done. Many sink under depressing influences, want of air and water, whereas, with a little care and forethought, plenty of such light as would promote and assist recovery, could easily be supplied.

MAGNETIC TREATMENT.

Magnetize the sprain thoroughly, making passes from a little distance above the part, across, and off at the nearest outlet. Example:—If it be the ankle, elevate the leg, to within about three inches of the seat on which the patient rests, put a little pressure on the sole of the foot, and make passes from below the knee, over the part, and off at the toes. Continue this for an hour; and, if not restored, rest awhile and commence again, for several times. If there is no serious rupture of the part, a complete cure will be effected in one or two manipulations.

STIFF NECK.

This is usually the result of muscular rheumatism, and should be treated in a similar manner. The cause is attributable to uric deposits; and, as the

system is generally emaciated, it is always necessary that a course of pure herbal medicines should be given to restore vigorous action to the kidneys and skin, and to give a healthy tone to the stomach. (See "Rheumatism" for full treatment.) I have just returned from a patient in the country, who, previous to my treatment, had not opened her mouth, more than half an inch, for two years. The patient joyously told me that she could now eat without pain, thanks to mesmerism and botanic treatment. It occurs to me, that other causes may contribute to, if they do not produce the disease. "To keep the head cool and the feet warm" seems to have passed unquestioned, and to have been generally accepted as a truism, not only by the unreflecting multitude, but by those who claim the right to know; although, I fear, such are rather legally than mentally qualified. I think a little reflection will lead to quite a different conclusion. It occurs to me that Nature never intended the feet to be kept warm, or she would have provided them with a substantial warm covering, such as is natural to the head, which she evidently intends should be kept very warm. Surely the head is supplied with its beautiful living tresses for a far more important service than to be twisted and contorted into every conceivable shape, according to the dictates of Fashion? Nature has crowned her masterpiece with an electrical diadem that should protect from cold, and retain a necessary supply of heat, with electric and other life forces; and the absurd outrages perpetrated in deference to custom, very often entail intense suffering as retribution.

The human hair should undoubtedly be allowed to flow gracefully down the spine, to cover and protect the delicate life cells with a living shield. When we

leave these vital parts unprotected we must expect to pay the penalty:—the first symptoms may be stiff neck, but the others are legion.

As to whether the feet should be kept warm and dry, the following experiment will teach a lesson.

Put a piece of garlic in your close-fitting, air and water-tight boot, and after walking about briskly for half-an-hour, you will taste the garlic in your mouth.

This will indicate the danger and unhealthy conditions that must arise from the re-absorption into the system of the poisonous perspiration of those parts, which, if neglected, is generally churned into a horrible fœtid mass; surely this, taken up by the circulation, must be prejudicial to health; and, when seriously considered, every effort should be made to prevent it.

For these reasons, I think I may honestly advise that the head should be kept warm and the feet cool, or, at least, well ventilated.

MAGNETIC TREATMENT.

Make mesmeric passes down the back of the head, over the part affected, and off at the arms; occasionally varying the passes down the spine, and off at the haunches. I have often removed this complaint by mesmerism alone, even when the jaws have been completely set.

STINGS OF INSECTS, BEES, &c.

REMEDY.

Cover the parts stung with a large poultice of wet garden-mould; let it remain closely covered for about half an hour. This, in most cases, will prove effectual.

A slice of onion placed on the part, and changed every few minutes; essence of lemon, essence of

mint, dilute carbolic acid, ammonia, tinct. of aconite, are all useful remedies; but the sting should be extracted by pressing the pipe of a small key over it, and allow the sting to protrude inside the pipe; or, a very narrow-necked bottle should be filled with hot water, the water poured out, and the bottle suddenly placed over the sting, leaving it to cool, the vacuum created will often draw out the sting and the poison; but if it protrudes, then, with the fingers or a pair of tweezers, extract it.

SUNSTROKE.

DIAGNOSIS.

This is paralysis of the brain, occurring from exposure to the direct rays of the sun, or, what I judge to be more frequent, over exertion in hot, damp atmospheres. It may attack either gradually or suddenly, and often proves fatal, or causes prostration for life.

REMEDY.

The best treatment which can be adopted in this dangerous disease, is to administer :—

	drops.
Conc. tincture of avena sativa	30
Cypripedium	3

In half a wineglass of very hot water, every hour.

A drink made of balm and a little lemon should be given without restraint.

MAGNETIC TREATMENT.

Strip the patient, cover him with blankets, and magnetize him from head to foot, paying great attention to the back of the head and spine. Continue this, resting an hour, then magnetize thirty minutes, and rest again, and continue the magnetism until you produce a profound slumber. This can always be

done if persevered in. Remember that perseverance, passivity, and patience, will cure nine cases out of ten, if taken in time. The old practice was bleeding, cold baths, &c., hence, how few recovered!

SUPPRESSED MENSTRUATION.

REMEDY.

If obstinate, make a bath of wormwood, or camomile flowers, or both combined, and bathe the loins, as hot as can be borne; or, apply flannels wrung out of the liquor, and as hot as possible.

Administer:—

	oz.
Pennyroyal	1
Catnep	1
Yarrow	1
Wind Marjoram	1
Feverfew	1
Boiling Water	3 *pts.*

Sweetened with glycerine or honey.

Dose.—A wineglassful, every two or three hours.

Irregular menstruation, either with pains or if too abundant, should be treated with a good bracing tonic, which will regulate the circulation without relaxing the nerves.

Mountain air, sea baths, sponging with dilute acetic acid, will give tone to the circulation.

Pure stimulants, such as white pond lily, agrimony, barberry bark, nettles, yarrow, shepherd's purse, &c., should be taken.

Raspberry-leaf tea should be drunk, instead of China tea, or coffee.

An injection of bugle, sanicle, raspberry or blackberry leaves, will be found very bracing and strengthening to the parts.

But of all Nature's products, nothing seems so well adapted to the regulation of these functions as concentrated tincture of Senecio (common groundsel), in 5 to 10-drop doses, with ten drops of Helonias in warm water, twice a day, beginning a week before the period, and continue all through.

TEETHING.

No exact period can be laid down for the cutting of the teeth, as some children are born with them, while, with others, it is very late before they appear. With the majority of healthy children, however, they commence between the fourth and eighth month. The process of teething, in health, goes on with ease and regularity; while in the weakly and unhealthy, this important period of a child's life is fraught with considerable danger.

Much depends upon constitution transmitted from parent to child; but, more often, on the manner in which the poor little sufferer is managed.

I often wonder, why the teething of a child should entail more suffering and danger, than the same process in animals. The only conclusion I am able to arrive at, is, that the natural operation of teething has often to bear the blame that should be attached to the indiscretion of parents, who lovingly load their child's tender little stomach with indigestible matter, by fondly giving them a taste of every luxurious article on the table. Nature, at last, can stand no more, and tries, by some of the many ailments which are unjustly attributed to teething, to throw off these poisonous accumulations.

Mothers should see that the child's food is simple, wholesome, nutritious, easily digested, and containing all the elements necessary for the growth of every part

of the body. This can only be ensured by using the *whole* grain of whatever kind employed, that the food may contain all the parts as sent by nature.

Fine white nursery biscuits, baker's bread, sops, and other foods, composed of meal which, in preparation has had its properties separated, and, as is invariably the case, the best parts rejected, are in my opinion, unwholesome, and altogether insufficient. To say nothing of meat, soups, sips of tea or coffee, beer, wine, &c., with which the affectionate parent unconsciously tempts the poor little innocent to destruction.

The numerous refined flour foods are absolutely little or no better than starch, while the other solid foods mentioned are downright dangerous, when given before the teeth are well developed, which is an indication that the stomach is prepared to receive, and capable of digesting more solid and stronger food. I cannot too strongly impress upon parents, that all grain should, when ground, have every property retained, which it contains when in the husk. All these elements are essential to the proper nourishment of the body; and further, most grains, such as barley, wheat, oats, &c., contain all the food properties for the development of a sound constitution, and, when finally ground, like Chapman's entire wheat meal, they are much more palatable to the natural taste.

Milk should never be skimmed, but, if too rich, it should be diluted with finely ground whole meal and water. A close observance of these hints, with a little common-sense judgment on the part of the parent, will often tide a child over the so-called critical period of teething, with but little pain or difficulty.

Lancing the gums is a barbarous, cruel practice,

and often causes the teeth to grow irregularly. A little gentle pressure with the finger, dipped in honey, and a little powdered borax, will, in most cases, give relief in a few minutes, without injury: and is about the best preparation that can be used. It reduces inflammation at once.

If the gum, however, should have gathered, take an ounce of golden-seal root, bruise it, and put it in a bottle with four ounces of rain-water, three ounces of glycerine, and one ounce of spirits of wine. Dip the finger in this preparation, and gently rub the gums often. This will not only heal them, but preserve the teeth from decay.

If the child should swallow either of these preparations, it will do no harm.

Strictly avoid opium, paregoric, aconite, gelseminum, soda, magnesia, &c., or any of the nostrums or soothing syrups, so much advertised. These dry up the secretions and debilitate.

If fever is a prominent feature, a tea of lemon balm, sweetened with honey, will open the skin, and cool the system. If much acidity of the stomach exists, put a simple infusion of the Lesser Burnet, or lime water, or green mint, in the milk.

In the United States, the best and most popular herb for children, is catnep. Most American mothers would as soon think of attempting to bring up their children without milk, as without that useful herb. It is an excellent stomachic, tonic, diuretic, and nervine. A simple tea made of this herb, is also good for all female complaints while nursing, hysteria, fits, dizziness, convulsions, lung troubles, suppression of urine, eruptions, and nearly all children's diseases, both for internal and external application.

A syrup made of burnet, catnep, and honey, will

be found a universal specific for almost all the diseases to which children are liable while teething; but if feverish symptoms are present, add or alternate this with lemon balm, as before prescribed, and you will need no other doctor.

TETANUS—see *Lock-Jaw.*

THRUSH.

This may occur, in weakly children, through any debilitating cause, or the administration of unnatural food, drugs, bad milk, etc., and although it is easily cured, yet, when neglected, or misunderstood, it may occasion much trouble, and become serious, by laying the foundation of bronchial or stomach ulceration, with their numerous complications.

In adults, it usually accompanies some debilitating disease, and, in all cases, should be vigorously stamped out.

The general health of both mother and child should be attended to by tonics and nutritious food. Borax and honey will be found useful. Knapweed and catnep syrup, agrimony and burnet syrup, or, if very bad, and extending far, a syrup of bayberry bark and cinnamon, or, a teaspoonful dose for a child, a few times, and tablespoonful doses for an adult, of fresh brewer's yeast, followed by any of the syrups mentioned, will prove all that is required for its removal. Then a syrup of wild marjoram, bugle, and barberry bark, in teaspoonful doses, will establish the cure and remove the debility.

MAGNETIC TREATMENT.

Magnetize the whole body, and rub the spine with the naked hand, particularly the back of the head,

neck, and pit of stomach, until the skin turns red, after which, gently stroke the whole body occasionally, softly squeezing the more prominent muscles.

TOOTHACHE.

The names of remedies for this painful trouble, recommended by sympathizing friends, are legion; but alas! how few are successful when tested. The only sure method is to trace out the cause, which may often be found to arise from indigestion, indirectly or otherwise. I have found strong tincture of golden-seal root (Hydrastis Canadensis) the most effectual, safe, and reliable remedy. It stops decay, effectually removes gumboils, scurf, or the effects of mercurial and quinine poisoning. When small abscesses are formed at the roots of the teeth, nearly fill the mouth with the strong tincture, and allow it to soak into them, working it gently about around the part, and allowing it to remain a considerable time. Apply it fresh, every hour or two, for the first day, and less frequently for a few days afterwards.

This remedy will effectually heal all eruptions, boils, abscesses, scurf, scale, or other ailment of the teeth, and preserve them from further decay.

If a little is swallowed, it will do no harm, as it is a good stomachic, and acts gently on the liver and bowels.

Although this is a reliable and safe remedy, the exciting cause should not be neglected because the pain is relieved; otherwise, nature will call again, possibly in some other direction, for relief. Aconite, or any of those powerful remedies which act by paralyzing the nerves, should be strictly avoided. I have known some of these remedies destroy both the teeth and the nerves, and produce facial paralysis,

but hydrastis is free from all these objections, although, perhaps, not very palatable.

MAGNETIC TREATMENT.

Mesmerism will remove inflammation from the afflicted part, give vitality to the nerves, and very often completely remove all pain for a time. Draw the fingers over the part, down the arm, and off at the hand. If properly manipulated by a powerful operator with a good will, freedom from pain should follow within fifteen minutes, but never forget to remove the cause.

TUMOURS.

DIAGNOSIS.

Non-malignant tumours differ from cancer in many respects, the chief of which being, that they are devoid of pain, and remain localised—never spreading to distant parts. They never invade the neighbouring tissues, may remain stationary for many years; and, if removed do not return.

There are many different kinds of tumours, which are named according to their composition and locality. For instance:—

Fibroid Tumours are composed of fibrous tissues, free from sensation, which often degenerate into earthy salts, or a stony mass.

Fatty Tumours are composed of oily or fatty globules, in a capsule, intermixed with blood-vessels. They are often situated between the skin and muscles, free from pain, doughy to the touch, and cannot well be mistaken: they sometimes attain an enormous size, and are very inconvenient and unsightly.

Calloid Tumours are of various degrees of firmness, of a jelly-like substance, and often occur in the bowels, stomach, ovaries, etc.

Osseous Tumours are connected with the bones, and are composed of bone-like deposits.

Cystic Tumours, Wens, Glandular, and many others, some of which are dangerous, while others are merely troublesome.

REMEDY.

Until recently, the knife seemed the only certain method of removing these morbid growths. Dr.

Esdaile, when stationed in India, removed about six hundred with the knife, while the patients were in the mesmeric sleep. Some of these tumours weighed from 20 to 80 pounds; and, in several cases, the patients were kept in this unconscious state, not only while the tumours were being removed, but until the parts were completely healed.

Imagine the surprise of the poor sufferer, when aroused to consciousness, to find himself relieved of his burden, which weighed over half a hundredweight, and had been his constant companion for years.

There is another means, however, of effecting the destruction or elimination of this morbid tendency, that is, by infusing into the invaded tissues the mesmeric life-force, the absence of which from the parts affected has allowed these morbid deposits to take place. Sometimes, fatty deposits occur over the whole trunk, and can only be removed by magnetism. Administer the following simple, but valuable preparation, to drink.

Take a lump of crude fuller's earth, about the size of a hen's egg, and pour on it two quarts of boiling water. Let it stand to cool and settle, then carefully pour off the clear liquid, which bottle for use.

Dose.—A wineglassful of this clear liquid, three times a day, between meals.

I have proved this to be an excellent remedy. Any of the remedies given for this state of the body will also be found, on trial, to be very efficacious; but do not expect more in a few hours, from our system, than can be had from others in as many years. Persevere, and success is sure.

MAGNETIC TREATMENT.

I am acquainted with a lady whose whole trunk

is a huge fatty tumour, while her legs and arms have the proportions of a young girl. I am about to take her case in hand, and have little doubt of being able to remove this cumbrous mass by the following treatment, which is applicable to all cases of tumour.

I commence by magnetizing the spine, and back of the head, for twenty minutes. Then, let the patient stand, resting on the back of a chair with the hands. Seated on a chair behind, I make passes down the spine, and off the hips, for fifteen minutes longer. then cause the patient to sit down, and seat myself in front, to make passes down the whole front of the body, for twenty minutes longer. I now finish, by making gentle passes down the legs and arms, and off at the feet and hands.

If a tumour be localized, as is nearly always the case, the passes should be chiefly directed to that part of the vertebræ from whence the nerves, which pass over the part affected, take their rise; after which, the fingers should be pointed at the tumour, within an inch, or less, of contact, for an indefinite period, the longer and oftener the better; gently stroking the parts with the finger-tips, sometimes carrying them from the nearest part of the spine, over the tumour, and off at the nearest extremity.

ULCER OF THE STOMACH.

DIAGNOSIS.

This is a disease more frequent among women than men.

There is generally pain, after eating, of a dull sickening character, in the stomach and middle of the back, with burning sensation in that region and pit of the stomach, with the bowels usually constipated.

Unless urgent measures are taken early, serious results sometimes occur, such as fits, perforation of the stomach, hæmorrhage, etc.

REMEDY.

The treatment of this disease should be accompanied with a strictly farinaceous diet.

All wines, spirits, and malt liquors must be avoided. Any two or three of the following herbs, made into a simple infusion, as elsewhere directed, and taken in half-wineglass doses, will often be found invaluable, and among the best remedies for this disease: Sanicle, bugle, burdock, kidneywort, sweet flag, bayberry-bark, and devil's bit (Helonias). However, in this, as in all other diseases, the best agent is magnetism, by which the vital forces are raised. It will do wonders, and the other treatment will greatly assist in this dangerous and troublesome disease.

MAGNETIC TREATMENT.

Place the palm of one hand on the seat of the pain in the back, and the other on the pit of the stomach. Let them remain perfectly passive for about twenty minutes, unless urged by some other influence to move them. Then make a few passes over the lower part of the legs.

This treatment should be repeated every twenty-four hours or oftener, as required.

URINE—OBSTRUCTION OF.

A person in average health should be able to retain without inconvenience, from fifteen to sixteen ounces of water; but no average can be taken of the number of times in twenty-four hours, every one should urinate. Much depends on the heat of the weather and the quantity of water consumed. Some men seldom drink liquids, while others drink all they can get.

Flesh-eaters are often thirsty, while vegetarians seldom drink other than at meals, and then sparingly

and discreetly. These seldom suffer from any disease of the urinary organs, while the flesh-eaters and dram-drinkers usually suffer from inflammatory action of the bladder.

The inflamed mucous membrane cannot bear much distention of the bladder; consequently, a few ounces of urine will excite a desire to urinate, while often, after being ejected in small quantities, scalding, aching, or spasmodic pains occur.

This state may sometimes be caused by worms, drinking large quantities of cold liquids, etc.

REMEDY.

Parsley tea is one of the best remedies for affording temporary relief in this distressing disease; but the predisposing cause should be attacked.

An infusion of pellitory-of-the-wall, kidneywort, and clivers, and, another infusion of burdock, white poplar bark, and buchu leaves should be made, and a tablespoonful of each infusion should be administered alternately, every half-hour, until all pain ceases. These medicines should be continued for some time, at greater intervals.

When the patient is apparently convalescent, a dose of each, about twice a day, will be sufficient to establish a cure.

MAGNETIC TREATMENT.

Magnetism should be vigorously applied, in all difficult cases, to the lower part of the spine, and around the loins. This will usually remove all inflammation.

VARIOLA (see *Small-pox*).

WARTS.

These inconvenient little tumours may be removed

by passing over them the hand of a man possessed of powerful mesmeric influence, and *willing* strongly at the time, while the patient remains as passive as possible.

If the operation can be done while the patient sleeps, it will be more successful.

Give the fuller's-earth water, as prescribed for other tumours, two or three times a day, for a week or two, to facilitate a cure; and, by cleansing the blood, to prevent a return.

WATERBRASH.

Without entering into any description of this form of stomach-disease, I would again warn my readers not to take soda for the relief of this complaint, as the most disastrous results must follow if continued.

In the chapter on indigestion, this subject is touched upon; but, in this disease, the eructations are watery and tasteless, arising from some organic disorder of the stomach, the cause of which should be searched for. In any case, no better remedy can be found than buttermilk, which should be drunk as a common beverage; or an infusion of barberries or dandelion, buchu leaves, and wild thyme.

If the eructations are acid, burnet will be more effectual, more sure, and pleasanter than soda or any other minerals; and, instead of doing permanent injury, will do lasting good.

WETTING THE BED.

DIAGNOSIS.

Irritation of the bladder, tumour, calculi, paralysis of the bladder, worms, improper food and drink, causing irritation of the mucous coats of the bladder, etc., the urine being charged with crystals of lithic acid (this occurs most in those children who wet

an hour or two after lying down), strumous constitutions, and many other causes would be discovered, if carefully investigated; but not one in ten thousand would be directly brought home to the wilful act of the child.

Many poor little children have suffered humiliation and other shameful treatment, from inconsiderate and ignorant parents, who are themselves often indirectly responsible for the predisposing cause of this trouble. It frequently exists in the parent, and is transmitted to the innocent child. Even when this is not the case, some of the many causes which occasion this trouble are sure to be discovered, if carefully looked for, for which the poor little victim is entirely irresponsible.

Mothers should therefore seek out the cause, and try to remedy it by rational treatment, rather than punishment.

REMEDY.

In most cases, the following infusion will be found useful, by strengthening those parts, correcting the stomach, dissolving calculi, cleansing and enriching the blood, and removing obstructions. A continuation will often rid the constitution of congenital taint.

	oz.
Catnep	2
Kidneywort	2
Burnet	2
Clivers	2
Water	3 *pts.*

Boil all but the catnep, sweeten with honey or treacle, and, while hot, pour on to the catnep; then strain, and bottle for use.

Dose.—A Teaspoonful, three or four times a day.

Diet.—Oatmeal or whole-meal porridge and milk, should be given for breakfast and tea, but never tea

or coffee. As little meat as possible, with plenty of well-cooked green vegetables.

MAGNETIC TREATMENT.

Stroke the naked spine, with considerable pressure, every night for fifteen minutes; then place the palm of one hand on the bottom of the spine, and the other on the pit of the stomach, for another fifteen minutes.

WHITES (see *Leucorrhœa*).

WHITLOW (see *Felon*).

WHOOPING COUGH (see *Coughs*).

WORMS.

THREAD-WORMS—ASCARIDES.

DIAGNOSIS.

A small, thread-like, white worm, infecting the intestines, painfully irritating; and, when in large numbers, giving rise to serious symptoms, itching of the anus, principally in the evening, irregular and eccentric appetite, disturbed and restless sleep, picking of the nose, bad breath, frequent desire to go to stool without effect, dark ring about the mouth and eyes, pains in the stomach, debility, short dry cough, white, pasty appearance of the countenance, irregular pulse, epilepsy, twitchings, chorea, convulsions, etc.

These torments may also infest the vaginal passage, and cause a bloody discharge.

An occasional examination of the stools, when they are suspected, will soon lead to their discovery; and their earliest expulsion should be of the first importance.

REMEDY.

This may be done by the injection of an infusion of any of the following:—wormwood, aloes, camphor, salt, lime-water, hydrastis canadensis, gentian, etc. Any of these, in simple infusions, will rid the

bowels at once ; but the cause, which is usually due to indigestion, should be removed, by an avoidance of all starchy foods and saccharine articles.

Tone the stomach with an infusion of bayberry bark, burnet, betony, angelica, liquorice, and buchu leaves.

Any combination, or all of which will be found effectual.

LUMBRICOIDES.

DIAGNOSIS.

These very much resemble the common earthworm, only they are much paler, and often white. The signs of their existence are, yellow-coated tongue, with slimy appearance in centre, pinkish red on the sides, pricking pains about the navel, colic, with rumbling noises in the bowels.

They are found from six to twelve inches in length ; and seem able to travel all over the intestines, and even in the air-passages ; but their chief locality is the small intestines, from whence they pass into the stomach, and are sometimes vomited.

Now, although we have no idea of spontaneous generation, yet with these, as with other parasites, the nursery must be prepared for their incubation and final development.

The predisposing condition is the result of imperfect digestion and assimilation. The slimy mucus which prevails in the digestive tubes is the favourite condition for their generation.

REMEDY.

I believe it impossible for the larva of any parasite to arrive at maturity in a healthy system. Therefore, it will be seen that the correction and maintenance of a healthy digestion, are the chief factors in removing these loathsome and dangerous denizens of the human bowels.

Santonine is one of the best remedies for all the larger kinds of worms; but it should be given with care. See also that it is of snowy whiteness. If it is even slightly yellow, it is useless and neutral; therefore, when purchasing, insist upon having the purely white.

Be careful also to give the proper dose, which must be, for a child under five years, one grain only; from five to ten, two grains, dissolved in a little cold water; administer every other night, before retiring to bed.

Then give next morning, fasting, a dose of compound senna, or any other mild purge, sufficient to move the bowels gently.

Continue this treatment several weeks, giving also the following infusion, three times a day:—

	oz.
Bayberry bark	2
Cinnamon	½
Catnep	2
Mountain flax	2
Boiling water	3 *pts.*

Scalded and sweetened to taste with honey or treacle.

TAPEWORM.

DIAGNOSIS.

This worm causes a feeling as of some living thing in the bowels. The general symptoms of its presence are:—The appetite is voracious, the stomach swells, the complexion becomes livid, pupil of eyes dilated, fits, convulsions, tremors, etc.

The head of this monster is provided with projections, planted with sickles or hooks, in double rows, and four suckers, by which it adheres to the coating of the bowels.

It is composed of numerous joints, and is some-

times as much as thirty feet long, containing upwards of three hundred joints.

There is little doubt, that the ova is taken in at the mouth, with impure water, or under-cooked pork, ham, etc. The ova may find its way into the circulation of the blood, and be deposited and hatched in the brain, causing serious complications, and sometimes death.

REMEDY.

If carefully watched, small portions of the worm will be found in the stools.

There are many supposed remedies for its extermination, a few of the best of which I submit; but the correction of the stomach, and the maintenance of the vital forces, should be the first and chief consideration:—wormwood, gum myrrh, bogbean, all-heal, bayberry bark, hyssop, garlic, male fern, worm-seed or goosefoot, kusso, golden seal, pomegranate root, pumpkin seed. A selection of any three of these will often be all that is required, if persevered in, and taken fasting; but, if one selection fails, try another, as there is no harm in any of them.

They will also act on the liver, stomach, kidneys, and blood. Above all things, avoid those poisonous drugs so often sold under some name of worm-medicines. Other remedies will be found in the Materia Medica.

Emergencies and their Treatment.

Asphyxia.—Suffocation, a total cessation of the action of the heart and lungs; the pupils of the eyes dilated, the lids half closed ; the fingers contracted ; the tongue appears between the teeth ; the surface of the body increases in coldness and pallor, the air being cut off from the lungs, stagnation takes place. Caused by whatever prevents the ingress of air into the lungs, such as carbonic acid gas, foreign bodies in the larynx, drowning, strangulation, pneumonia, acute laryngitis, etc.

In all cases the treatment should be prompt. All foreign bodies should be removed, whether water, mucus, gas, or other obstructions. No means short of actual rupture should be left untried. If from a foreign body, and no forceps or physician are at hand, the finger should be used without fear ; but while using your best efforts, send at once for physician, yet do not relax your endeavours to remove the obstruction, and set up respiration by the following means :—

If from Drowning.—All spectators or useless helpers should be sent away, so as to allow plenty of room and air ; then proceed on the Royal H uman Society's method.

TREATMENT TO RESTORE NATURAL BREATHING.

FROM THE INSTRUCTIONS GIVEN BY THE ROYAL HUMANE SOCIETY.

To Maintain a Free Entrance of Air into the Windpipe.—Cleanse the mouth and nostrils from dirt, saliva, etc.; open the mouth; draw forward the patient's tongue, and keep it forward: an elastic band over the tongue and under the chin will answer this purpose. Remove all tight clothing from about the neck and chest.

To Adjust the Patient's Posture.—Place the patient on his back, on a flat surface, inclined a little from the feet upwards; raise and support the head and shoulders on a small firm cushion, or folded article of dress, placed under the shoulder-blades.

To Imitate the Movements of Breathing.—The operator, standing or kneeling behind and at the head of the patient, should grasp the patient's arms just above the elbows, and draw the arms gently and steadily upwards, till they meet above the head (this is for the purpose of inspiration, or drawing air into the lungs), and keep the arms in that position for two seconds. He should then turn down the patient's arms, and press them gently and firmly for two seconds against the sides of the chest (this is with the object of pressing air out of the lungs—expiration).

If an assistant compress with both hands, flat, the lower part of the ribs and diaphragm, when the patient's arms are turned down, the expiration will be facilitated. The operator and assistant must carefully act together.

As the process of artificial respiration is laborious, the best qualified assistants should be selected to take

turns with the operator; but changing places must be rapid, that not a single respiratory movement be missed.

Repeat these measures alternately, deliberately, and perseveringly, fifteen times in a minute, until a spontaneous effort to respire is perceived, immediately upon which cease to imitate the movements of breathing, and proceed to induce circulation and warmth, according to instructions on page 491.

Should a warm bath be procurable, the body may be placed in it up to the neck, *continuing to imitate the movements of breathing, twenty seconds.* Raise the body into a sitting position, and dash cold water against the chest and face, and pass ammonia under the nose. The patient should not be kept in a warm bath longer than five or six minutes.

To excite Inspiration.—During the employment of the above method, excite the nostrils with snuff or smelling-salts, or tickle the throat with a feather. Rub the chest and face briskly, and dash cold and hot water alternately on them.

The efforts to restore life must be persevered in until the pulse and breathing have ceased for at least an hour, for well-attested instances of resuscitation are on record, after several hours of suspended animation.

Another method of effecting artificial respiration is by *catheterism of the trachea.* "The operator inflates from his own chest; but as he is able to drive in much more air than is absolutely necessary, its impurity is of no great consequence. An assistant must empty the patient's lungs by compression of the thorax between the insufflations."—*Shaw's Medical Remembrancer.*

TREATMENT AFTER THE RESTORATION OF NATURAL BREATHING.

To INDUCE CIRCULATION AND WARMTH.—Wrap the patient in dry blankets and commence rubbing the limbs upwards, firmly and energetically. The friction must be continued under the blankets or over the dry clothing.

Promote the warmth of the body by the application of hot flannels, bottles or bladders of hot water, heated bricks, etc., to the pit of the stomach, the armpits, between the thighs, and to the soles of the feet, Warm clothing may generally be obtained from bystanders.

On the restoration of life, when the power of swallowing has returned, a teaspoonful of warm water, *small quantities* of warm wine, warm brandy-and-water, or coffee should be given. In some cases, an enema of cayenne and brandy is to be preferred to administration by the mouth. The patient should be put into a warm bed, in a room well ventilated, and encouraged to sleep. Great care is requisite to maintain the restored vital actions, and at the same time to prevent undue excitement,

In cases of *Suffocation from Hanging*, the treatment is much the same, after the body has been cut down, and the ligature removed from the neck.

When a *Stroke of Lightning* has produced asphyxia, the body should be dashed for ten or fifteen minutes with abundance of cold water to promote reaction. The body should also be diligently rubbed. But artificial respiration should be resorted to.

Magnetize the body from head to feet, occasionally massaging the feet, calves of the legs, thighs, pit of stomach, spine, and top of head; reanimation may

take place from five minutes to three-quarters of an hour after immersion; those directions should be carried out with energy on the spot the moment the patient is taken out of the water, or otherwise a moment's delay may prevent success. When once breathing is set up, be careful not to interrupt it; if the breaths are very long apart, the bellows-blowing movement may be continued as before, until regular breathing is established; the patient should then be rubbed dry, wrapped in warm blankets, and 30 drops of avena sativa administered every fifteen minutes, for three or four doses, then repeat every hour for a like time, then every two hours, until assisted by an enema of slippery elm bark, marsh mallows, or oatmeal, or pea or bean meal, or other mucilaginous matter at hand, into every quart of which a half-teaspoonful of cayenne or other pepper might be mixed, or tincture of myrrh, cinnamon, cloves, or peppermint will be useful. Cloths wrung out of boiling water, and placed over the region of the heart, would greatly assist restoration, but never forget to squeeze and work the muscles well, to help the sluggish circulation.

Intense Cold.—The patient should be placed in a room, well away from any fire, and the body rubbed with snow or ice, and warmth infused by slow degrees, mainly by friction and petrissage. The chief action of cold is from without, freezing inwards, causing congestions of the great cavities, almost imperceptible pulse and breathing, with giddiness and loss of sight, stiffening of the limbs, weakness, profound sleep and coma.

After friction, very gradual application of warmth, with enema of warm milk, oatmeal gruel, coffee, etc., with a little cayenne pepper; and gentle pure

stimulants for the stomach, not forgetting to magnetize the whole body from head to feet, and never relax until perspiration is fully established. Breathing between the shoulders in all cases will be found of great value.

SYNCOPE.—Sudden fainting prostration. Place the patient in a recumbent position, with the head a little low, admit plenty of cold air, give 20 to 30 drops of avena sativa in hot water, massage the chest thoroughly, make long passes over the whole body, breathe vigorously between the shoulders, rub the spine with strong tincture of cayenne, apply a compress of the same over the region of the heart; an enema of Irish moss tea and tincture of myrrh will help to restore the normal action of the heart.

CATALEPSY is a condition rarely met with, except induced by mesmerism, and, even then, the state seems somewhat different from that occurring through other causes. The patient assumes a statue-like form and is quite insensible to pain, etc.; there is neither the flexibility of syncope, the stertor of coma, the paralysis of epilepsy, nor the dreamy automatism of somnambulism.

Treatment:—Make mesmeric passes down the whole front of the body for a few minutes; grasp both the patient's hands, with the thumbs on the ulna and the fingers on the median nerves, hold them thus about two minutes, then let one hand drop, and place the thumb on the forehead, directly over and between the eyebrows on the organ of individuality (see p. 47), now blow a sharp blast from the mouth into the patient's face, about eighteen inches from contact. Make passes across the spine, legs, and chest, and take a handkerchief and dash it vigorously across the face, head, chest, spine, etc. Then say, in a sharp commanding voice, "Right you are! all right!"

Coma.—A deep sleep due to many causes other than mesmerism. Pressure on the brain from effusion within the ventricles, and outside of the membranes. Concussion of the brain, contusion, apoplectic extravasation, brain poisoning, bad blood, narcotics, anæsthetics, drunkenness, etc.

Treatment, same as catalepsy.

HÆMORRHAGES.

From the Nose.—Raise both arms above the head, apply cold to the nape of the neck, and a rag saturated with cold vinegar to the forehead and nose. Magnetize the body downwards until it ceases.

From the Stomach.—Drink a solution of common salt, with a little tormentil-root, tincture of sanicle or bugle, nettles, or shepherd's purse, or any astringent herb.

From the Lungs.—Solution of salt or alum, until the tincture of any of the before-named remedies can be got ; then give them the preference, particularly tincture of tag-alder, and cure with the powdered mullein and milk.

Since the publication of my letters in "*The Medium and Daybreak*" I have received many gratifying letters extolling the virtues of this last simple remedy for lung troubles, and, amongst them, one from a medical student, who was not only cured of bleeding of the lungs, but he declares he has gained twenty pounds weight in three months. Unlike many, he was in no way squeamish, but took it freely, four and five times a day, sacrificing his morbid taste on the altar of health.

From the Bowels.—Bayberry-bark, or avens, or

bugle, or sanicle, or Australian red gum, blended with tincture of white pond-lily.

From the Kidneys.—Uva ursi, in teaspoonful doses, with two drops of gelseminum; or clivers and nettles, drunk freely. Apply heat to the loins.

From Uterus.—If it occurs in unmarried life, rom fright, shock, or violence, maintain a recumbent position, with the hips slightly elevated. Take 20-drop doses of damiana and helonias, in raspberry-leaf tea, cold.

Before Delivery.—Treatment as before; but no hot drinks.

In addition to the foregoing treatment, in all cases, thoroughly magnetize the whole body, to raise the vital forces and establish an equilibrium; after which, if the discharge does not stop, make a few upward passes over the parts, lay the hand over the part and let it remain still until effect is produced.

Wounds in the Throat.—Arrest the flow of blood by pressure and ligature.

In the Chest.—Hæmorrhage should be controlled by internal remedies, administer any healing astringent cordial.

Gunshot Wounds must all be treated on the principle of staying hæmorrhage with either ligatures or astringent remedies, until professional aid arrives. Splinters and other foreign bodies should be removed, and the patient kept from a state of collapse.

In all accidents, arrest hæmorrhage before moving the patient. If unable to walk, some conveyance, such as a litter, settee, or carriage; the great point is to arrest the flow of blood. Compressing the part above the injury sufficiently tight until a surgeon arrives is often of great service.

FOREIGN BODIES IN AIR-PASSAGES.

Most children have a penchant for putting such things as paper, pebbles, beans, peas, fruit-stones, buttons, etc., up the nostrils, and, if not discovered early, such experiments may prove dangerous. Use forceps, if possible, or excite sneezing, or use nasal douche; after which dilute hydrastis canadensis, or, better still, dilute calendula should be sprayed up the nose until healed.

In the Throat.—If any foreign body is accidentally passed into the throat, such as peppermint drops or other sweets, money, marbles, &c., place the child head-downwards, and slap it sharply on the back; this should be done quickly and smartly. If this fail, it may be extracted by the forceps; but should this be ineffectual the throat should be at once opened, and the substance will possibly be ejected through the glottis; but a surgeon should be the operator if possible.

If Coins or other Substances are swallowed and pass down into the stomach, care must be taken never to give opening medicines or liquids, but rather astringe the bowels: for, if the fæces be thin, the heavy substance will pass into a link of the bowels, and be unable to rise; thus it may lay until it causes inflammation, and perhaps perforation, but, if allowed to become impacted in firm fæces, it passes through the whole length of the bowels, without trouble, in due time.

In the Ear.—Such as pencils, insects, etc., causing great irritation. If an insect be in the ear, pour in olive oil, or,if not at hand, use brandy, whisky, or salt and water. Fill the ear, lying with the ear uppermost; then turn over and allow it to drain out. Other lodgers must be removed by surgical aid.

TRANCE.—Should be treated like catalepsy and coma. No hurried funeral should ever take place when the slightest suspicion exists, nor until rigor mortis, or putrefaction, set in.

POISONING.

ACIDS :—Nitric acid, causes yellow stains.
Carbolic acid, white stains.
Sulphuric acid, black stains.

If enough acid has been swallowed to take life, numbness will be felt all over the body; countenance glazed; extremities cold, and clammy; followed by convulsions and death.

Give freely any of the following that first comes to hand, and let the patient vomit as often and as copiously as possible. If difficult to produce, tickle the throat with a feather, or use a stomach-pump. Give milk, raw eggs, whiting (if not at hand, scrape the ceiling and mix with water and administer freely), olive oil, gum-water, linseed, Irish moss tea, or any mucilaginous drink; magnesia, and even soda or soap and water; but be sure and evacuate the stomach.

PRUSSIC ACID is so quick in its action that no antidote has, to my knowledge, been discovered; but I should certainly try essence of peppermint, twenty drops in water, repeated every few minutes, and wash out the stomach freely with warm water or milk, coffee or ammonia.

ALKALIES AND THEIR SALTS.

Ammonia, muriate of ammonia, etc., are poisonous, and cause death in over-doses. Potassa, liquor potassæ, strong ley pearlash, salts of tartar, saltpetre, liver of sulphur, soda, salts of lemon, etc., are also poisonous, and cause violent burning in the stomach,

gripings, debility, suppression of urine, delirium, and death.

Antidotes.—Vegetable acids, such as tartaric acid, lemon juice, citric acid, vinegar, oranges, olive oil, or other vegetable oils, these form a soap, and thus destroy the caustic properties, but it should be thoroughly evacuated from the stomach.

Common salt is a good antidote for liver of sulphur, as well as the acids named.

Earths.—Baryta, carbonate, muriate, nitrate of lime, phosphates of soda, magnesium, and sulphates of soda convert those earths into an insoluble mass, and should be carefully cleansed from the stomach when neutralized.

Gases.—Carbonic acid gas from charcoal, lime-kiln or coal gas, or sulphuretted hydrogen.

Chlorated liquor sodæ is the antidote. Massage the spine, friction magnetism over the whole body, hot and cold effusions alternately, and the treatment for asphyxia.

Iodine.—Iodide of potassium, iodide of sodium, produce pains in the throat and stomach, sickness, with inability to vomit, and much pain.

Antidote : Give starch-water freely, as long as blue iodide of starch is vomited ; encourage vomiting with warm starch-water.

Metals.—Antimony, tartar emetic, butter of antimony, oxide of antimony. Encourage vomiting by large drinks of warm milk, and oil or fat and water; then give oak bark or any other astringent, copiously and often.

Arsenic.—In any of its numerous forms, when administered, should be treated by emetics, and vomiting freely encouraged by artificial means and mucilaginous drink, raw eggs in milk, eggs and lime-

water or milk, charcoal, gum-water, magnesia, linseed, slippery elm bark, made into thin gruel, and drunk freely, or burdock-root, or marsh-mallows in powder, or sweet flag, etc.

Bismuth.—Pearl powders, face-powders, and nearly all cosmetics contain this deadly poison, and it is absorbed into the system through the skin, causing languor and debility; common among ladies.

Treatment should be the same as poisoning by copper blue vitriol, acetate of copper, verdigris, arsenite of copper, food cooked in dirty copper vessels or pickles coloured with copper, China tea coloured with copper. Apply hot fomentations, enema of hot milk, albumen (white of egg); give to drink raw eggs very often, followed by milk, and induce vomiting freely.

Gold-poisoning.—Produces patches of pink about the mouth and inside the lips, like a stain.

Treatment, as for copper.

Iron.—Sulphate of iron, chloride of iron, copperas or green vitriol, and tincture of iron are all irritant poisons.

The antidote is carbonate of soda, given freely, with mucilaginous drinks; the stomach to be well washed out.

Lead.—Sugar of lead, white lead, litharge. Wines are sometimes sweetened or made more cooling with lead.

Antidote: Sulphate of magnesia and phosphate of soda, for salts of lead.

For the solid form, water acidulated with sulphuric acid.

Iodide of potass, alternated with chlorate of potass, unites with and eliminates lead from the body.

Mercury.—Corrosive sublimate, nitrate of mercury, white or red precipitate, and all forms of mercury.

Antidotes: Milk, with whites of eggs, promptly given; burdock-root infusion, or hydrastis canadensis, given freely; or the potasses, as in lead-poisoning.

Silver.—Nitrate of silver, or lunar caustic.

In all cases of poisoning by silver in any form, give a solution of common salt, which neutralizes and decomposes the caustic. Cleanse the stomach.

Tin.—The best remedy is albumen, given freely, followed by oil.

Zinc.—Oxide of zinc, white vitriol, acetate of zinc, chloride of zinc, being powerful emetics, will be rejected by the stomach; but should be assisted by copious drinks of warm water, and carbonate of soda, to decompose the sulphate of zinc.

Milk, albumen, or burnet infusion should also be employed.

Phosphorus.—Give an emetic, followed by linseed tea; or slippery elm bark, burdock root, or marsh-mallow tea.

For Stones, Glass, or any foreign body, give white of eggs and solid diet. Keep the bowels from becoming relaxed.

Organic Poisons.—Vegetable poisons.

For Acetic, citric, tartaric acids, or vinegar, or even oxalic acid, give powdered burnet in hot water, made into thick gruel; but if not at hand, then magnesia, soda, whiting, etc.

For Oil of Bitter Almonds, Laurel-water, give ammonia or coffee.

Alcohol. — Brandy, whisky, wines, and all spirituous liquors produce intoxication, coma, apoplexy, paralysis, swollen features, livid colour, breathing laboured and stertorous, with a puffing out of the lips; the breath smells either of the

liquor or chloroform, which will easily distinguish it from a fit.

Treatment:—Give a strong tea, made of valerian, groundsel, and cayenne pepper in copious doses, until free vomiting takes place; continue until you feel the stomach is thoroughly empty. Now give thirty-drop doses of avena sativa, in about half a wineglass of burnet tea, every fifteen minutes, until signs of revival occur; then every two hours, and finally three or four times a day, until all desire for intoxicants ceases.

Volatile Oils cause burning pains in the stomach, when taken in over-doses; and some affect the nervous system, such as turpentine, etc. All these should be treated with copious drinks of starch-water white of eggs, powdered marsh-mallows, made into mucilaginous drinks, in order to neutralize the pungent properties, absorb them, and protect the coating of the stomach.

Croton Oil will be rendered inert by white of eggs.

All these oils, with many more, are dangerous, and should only be used with discrimination.

Irritant Vegetable Poisons, such as mandrake, colocynth, sabina, poke-root, oil of tansey, castor oil, are a class of drugs very common in domestic use, they cause an acrid secretion from the liver, and should never be used in medicine; but when taken by accident or design, and bad effects are produced, administer copious drinks of tepid water or vervain tea, and clear the bowels with an enema. In all cases use magnetism freely: massage the spine and stomach, especially when the vital forces need to be raised.

Narcotic Poisons, such as aconite, veratrum

viride, belladonna, spotted hemlock, stramonium, digitalis, tobacco, hyoscyamus, nux vomica or strychnine, calabar bean, opium or morphia, rhus tox, ergot, white hellebore, and many others, should never be taken internally. There are many better things in the vegetable kingdom which are safe and free from danger; but to save the lives of those who may have been so indiscreet as to tamper with them. I offer a few suggestions and antidotes that may prove of service in an emergency.

After giving the antidotes prescribed, thoroughly evacuate the stomach, by administering mustard, vervain, salt, oil, coffee, mucilaginous drinks, or white of eggs, they are useful in almost all cases; but the antidotes for the following should be given without delay :—

For veratrum viride,—animal charcoal.

For belladonna,—strong coffee or brandy.

For aconite,—camphor, coffee, charcoal, or olive oil.

My advice is, under these urgent circumstances, to apply such remedies as I have given as soon as possible and at once seek the aid of a medical man. To to do the schools justice, they teach, I think, much more about poisons and their antidotes than they do about diseases and natural medicines.

For mushrooms or sausages,—animal charcoal; castor oil in strong coffee; vervain as an emetic.

Poisonous Fish. — Copious draughts of milk; glycerine and water; after which an emetic.

Spanish Fly.—Drink sweet oil or glycerine, milk, or linseed tea; promote vomiting copiously.

The climate of the British Islands, notwithstanding its eccentric variations, is, taking it all in all, more conducive to sound muscular growth and intellectual

development than almost any other portion of the earth's surface, and the inhabitants are least subject to epidemic diseases of a virulent kind. Even after the most dangerous diseases have been imported into Britain from less favourable climates, the virulence of these diseases seems to gradually grow milder in its action, until it becomes entirely a thing of the past. Strange to say, this phenomenon does not appear to result from the action of the medical schools, whose efforts to check the ravages of these diseases seem totally inadequate to the emergency, notwithstanding the devoted attention of most of them. These failures appear to me due not to the individual practitioners, who would be only too glad to shake off the trammels that bind them to a dogmatic system; but to those effeminate systems, combinations, or institutions which most of its practitioners have long felt are not in pace with the age, or adequate to ordinary emergencies; and which appear to me to have for their object the protection of vested interests, more than the discovery and application of the best means of combating disease.

Far be it from me to denounce the study of pathology and morbid anatomy; the more we know about nature and the laws governing disease, the better we are qualified to cure; and the more we know of the laws governing health, the better able are we to apply or recommend those most conducive to that state which makes life enjoyable, and tends to the production of a higher type of manhood; but, alas! the system of the schools tends, I fear, rather to conservatism than progression. The senseless, indiscriminate, insensate opposition to what are termed innovations is not creditable; it is the sin of ignorance, prejudice, and jealous greed that is a disgrace to intelligent men, and

may ultimately tend to lessen the hold on the superstitions of society. Heads of families, prompted by the arrogant tyranny that submerges their authority. and renders the will of the parent subordinate to the medical priest, should shake off these fetters that rightly belong to a bygone age, and think and act for themselves; they may then discover that an all-wise Providence has endowed man with intellect and reason, so that he may observe and obey the laws of his being, and co-operate with his Creator in producing a healthy balance between body and brain, thereby developing his perfect nature.

The professors of medicine, on the other hand, have laid down such complex rules, regulations, and directions that they defy the profoundest talent, and study of the longest and most assiduous life to thoroughly comprehend them. Parents by the use of a little common sense can sweep away these obstacles made by man, and become satisfied that the laws of health are comparatively few and simple, and that their non-observance is sinful. Further, to be unable to administer a dose of health, either by the hand or other simple, safe means, is culpable, and a defect of which one may well feel ashamed.

In 1848, during the visitation of cholera, I witnessed some of the worst cases, and watched the effects of the different treatments.

I noticed in the treatment by the Allopathic method of salivation by calomel; those cases that had sufficient vitality to recover, which were but a small percentage, lingered out a miserable existence for eighteen months or two years, and then died off, apparently in consumption; but those treated with botanic remedies, if taken in time, regained robust health, and were apparently none the worse, after a

rapid recovery. At the town in which I was then living, I had free access to the hospital, and also the confidence of the matron, who divulged to me the fact, that in the absence of the doctor she administered the following remedy, with never-failing success :—

		teaspoonfuls.
Powdered	Cinnamon	2
,,	Tormentil-root	1
,,	Cayenne-pepper	1
,,	Cranesbill	1
,,	Bayberry-bark	1
	Gum arabic	2
	Essence of peppermint	1

Dose.—A teaspoonful in a wineglass of raspberry-leaf tea, every hour until symptoms abated. She also gave them raspberry-leaf tea as a beverage to drink. This woman never lost a case where she had the opportunity to act; and, as we before mentioned, their recovery was rapid, and without any secondary symptoms, which make the victims of orthodox practice miserable during their short lives; but the doctor got the praise, not the poor old woman.

This experience made a great impression on my mind, and from that date to the present time I have let no opportunity slip of making comparisons, with what result, this book testifies.

The several visitations since the date mentioned, one would think, would have aroused the schools to the necessity of finding some specific for this troublesome visitor; but I am very doubtful if a single step has been made in that direction by the Allopathic schools; what advancement has been made, has been by the Homœopathic and the Eclectic schools, and these improved remedies are botanic.

Much has been done by sanitary measures to weaken

the power of this dreaded destroyer of the human race by cleanliness, etc., both in preventing its finding a nursery in this country, and in weakening its virulence, also all other epidemic diseases ; there is little doubt but that all these scourges get weaker in their action, either through a law of decay or want of conditions to render them more active. It is the case with small-pox, although interested parties would have us believe otherwise. I am quite sure that vaccination never prevented an attack of small-pox, or, aside from its dangers, rendered it less virulent. Examples of epidemics dying out with time are common matters of history.

The true Eastern plague is now unknown in Britain; but it was not always so, and I cannot be certain what brought it to England formerly, or what has freed us from it. Like almost all epidemic visitants, typhus, etc., whether, an organic agency, or other cause, it seems inert unless it finds certain conditions of existence, and no doubt these conditions are filth and dirt; and the more unwholesome the place, the stronger and more violent the visitation.

In the Fens and the low-lying parts of England, almost all the inhabitants used to have the ague, or shakes, which was often attended with dysentery. Life in these parts was short and miserable through this affliction ; but drainage and cultivation of the land have made ague rare, and dysentery has entirely disappeared.

In 1485 the sweating-sickness broke out in England, which I am strongly of opinion was a slightly different form of yellow fever, as now seen in South America. This disease was brought and spread in England, on the date mentioned, by the tagrag rabble who followed Henry the Seventh from France.

The English, still suffering from the Wars of the Roses, had neglected the cultivation of the land and the improvement of their homes, and, through priestly and kingly tyranny, had become debased to little better than animals.

The country reeked with unburied corpses and unburied bodies of cattle, slain in numerous battles, where thousands of men sacrificed their lives to feed the ambition of a few mortals like themselves : urged on by a system called religious, whose only aim was to keep the people in ignorance, bondage, poverty, and squalor. These causes prepared a splendid hot-bed for fostering horrible diseases; and when the dirty, unkempt rabble, in August of that year, landed at Milford Haven, from Havre, they pushed on to Lichfield, where they encamped on damp ground; and then to Bosworth, by forced marches.

After the battle of Bosworth, they marched to London in four days, leaving parties of the exhausted army behind on the road, broken down by exhaustion and fatigue. Can it be wondered at that a mysterious disease, which spread everywhere in the rear of the army, soon broke out in London with great violence before the end of August ?

Such was the violence and rapidity with which it spread, that six aldermen and two Lord Mayors died in one week; and so great was the mortality and virulence that scarce one in a hundred recovered of those smitten with it.

People were struck down with a most violent fever; the internal heat was intolerable, and in a few hours was followed by a fœtid and profuse perspiration, which gave it the name of the sweating-disease. In less than three months all England was affected with it. At Oxford, professors and students

alike deserted the town and fled in all directions, leaving the place unoccupied for six weeks.

On the following New Year's-day, in 1486, a violent tempest arose, which no doubt purified the atmosphere, and wiped away much of the decaying, festering matter, so that, for some time after, the disease entirely disappeared, and was not known again in England for twenty-one years. I think there is little doubt that the disease was carried through the country by the army of Richmond, and that the violent storm disinfected the plague-stricken country.

In 1506 it appeared again in a milder form; and in 1517, and again in 1550 and 1551. These were the most fatal outbreaks of this terrible disease. Since that date slight outbreaks have occurred of a mild form, but the disease, like many others, seems to have worn itself out.

I have no hesitation in asserting, that, with strict attention to hygiene, small-pox will do the same, if not propagated by some scientific crank, like Pasteur's hydrophobia-delusion and inoculation.

Purity of air and water in our towns is far more common than formerly; our streets are cleaner, our houses are better ventilated; the backslums are laid open to the sunshine and wind. Cesspools are drained: and although there is yet room for improvement, great strides have been made towards starving out cholera, small-pox, typhus, and such unwelcome visitors. Of course we cannot say we are safe from these troubles, but we may hope that our measures of resistance are the right ones, and only need carrying out more fully.

Every man can do much for himself, and more than is now done for others without being aggressive.

Can we shirk the responsibility that man is

himself answerable for much of the sickness and misery that affect mankind ? I believe that we are marching in the right direction : the world is certainly growing wiser, better, and cleaner.

I append a few excellent hints from the works of E. A. Parks, which, if carried out would, I think, make the British Islands impregnable to epidemic diseases :—

VENTILATION.

"Plenty of fresh air is necessary for the proper action of the lungs and for the blood. Ventilation means the art of supplying fresh air without draughts. The simple methods soon to be noticed are all a working man can do ; but no doubt in future years we shall have cheap plans of warming fresh air, in winter, as it comes into the room.

" To see if the air in a room is pure, go into it after being in the open air for ten minutes. If the room smells fusty and close, more fresh air is wanted.

" Open the window at the top, as the air coming in is less likely to cause draughts.

"If, after the window has been opened and is again shut, the fusty smell is soon perceived again, there must be some dirty condition of the floor or walls, or there is some way by which sewer-air is getting in. Do not rest until you have found out the cause.

" If you have only one room, always open the window, and air the room well before going to bed, particularly if you have been smoking. During the greater part of the year the window may be a little open all night, if you have the means to give yourself and wife and children plenty of clothes, but do not let the air blow upon you.

" If you feel the draught too much with the window

open at the top, nail a piece of wood, placed slantingly, along the top of the window and reaching three or four inches above it; open the window about one or two inches, and the air will strike against the slanting piece of wood as it enters, and be directed towards the ceiling or will not be felt. A slanting opening is recommended as an excellent plan; it can be almost always open, or, if the weather be too cold, be partially or wholly closed; it is an addition to the window, but is not intended as a substitute for the open window.

"Always air your room from the outside, and not from a staircase, unless the staircase is thoroughly ventilated. The reason is that a closed staircase is a shaft bringing up air from the basement or from other rooms, and that air may be impure.

"Try and prevent any dirty accumulations round the house which may make the air impure before it enters the room, such as dust or manure heaps, etc.

"If you have reason to think air from any drain is getting into your house, close all the doors and windows, light a fire in one or two of the rooms, and after the house is warm, enter it from the outside air, closing the door at once behind you, go from room to room and see if there is any smell. If there is, search for the opening or defective trap; if you can find none, the smell may come from under the floor, and that must be looked to.

"If you have any fireplace which you do not use in the summer, never stop it up; the chimney is a good ventilator; also, never close the regulator if you have one in a grate; the regulator is only meant to be more or less closed in order to lessen or increase the draught to the fire; it is not put there for ventilation, or rather to stop ventilation, as it does when closed.

CLEANLINESS OF THE ROOM.

"The air of a room can never be pure if the room is dirty. Uncarpeted rooms should be carefully swept every day, but not washed too often, as wood or bricks both absorb and retain water for some time, and make the air damp and cold. Wash, in warm dry weather, when the windows can be fully opened.

"The walls should be also swept if papered; if bare, they should be limewashed twice a year.

"The greatest impurity is, however, often given by the bed or furniture. Take great care that these are wiped and kept clean; all the bedclothes and mattress should be fully exposed to the air for an hour every morning, and the blankets should be shaken.

CLEANLINESS AND DRYNESS ABOUT THE HOUSE.

"Do not allow any heaps of refuse to remain near the house; the air cannot be pure if these are constantly adding effluvia to it. The dust-bin is often badly placed in houses, and is too seldom emptied. Dust-bins become offensive because bits of food and refuse of all kinds are thrown upon the ashes, and the ashes are perhaps allowed to become wet. Now the dust-bin should be only for ashes, and if these are kept dry they will not damage the air. But what then is to be done with all the house refuse, such as remains of food, sweepings, and dust? The answer is, all this is combustible, and should be burnt in the house if you live in a town. Potato-parings, bits of cabbage, remains of fish, etc., all, however, contain a good deal of water, but they can be burned in the following

way. If thrown at once on the kitchen fire they will not burn, because they contain this water; but if they are placed under the grate in the ash-pit for four or five hours, they gradually dry and become quite combustible; they then become so much fuel, and give out heat in burning. It is therefore really an economy to dry and then burn all the vegetable and animal refuse. By burning these things and all the sweepings, the dust-bin is kept much sweeter. This simple plan of drying under the fire, and then throwing the dried substances on the fire, if universally carried out, would really simplify sanitary scavenging, as well as keep the air of a house purer. In the same way all the dust from the floor should be burnt and not thrown on the heap.

"If you live in the country, then potato-parings, pea-husks, and remains of food may be put by for the pig or chickens.

"If you live in a cottage in the country, and have a garden, put all the dirty house-water on the garden, and do not let it soak under the house, as too often happens. This water contains organic substances which are fertilizing; and the remains of the soap used in the house is also very good for vegetables. If a butt can be obtained and the dirty water poured into it, the garden could be watered from time to time. Take care that the rain from the roof does not soak under the house, or cause dampness of the walls.

WATER.

"If you have to fetch water from a distance and to store it in your house, never keep it in buckets or open pans. It is sure to get foul; dust falls into it, and it will absorb substances from the air. Wood

also gets soft, and may make the water impure. Put it into glazed earthenware or stoneware jars with covers—these jars are cheap and strong—every now and then throw out all the water, and wipe the inside of the jars with a clean cloth. If the water is from a surface stream or shallow well, it is probably a soft water, and will act on metals. In that case do not use metallic vessels more than you can help. Use iron vessels for cooking, and, if they require mending, take care they are not mended with lead solder, which the water can dissolve. Many cases of lead-poisoning have occurred from this solder being used. With such a soft surface-water do not even use zinc pails, but draw it in wooden buckets and store in stoneware jars.

"If you live in a town and have a cistern, keep it covered, and take care that the overflow pipe does not open into a sewer. If the cistern is of slate, clean it from time to time.

"If the supply of water is what is called 'constant,' but which is sometimes stopped for a time, always be careful to see that the water is not impure after a stoppage. Let a good deal of it run away, and then see if a glassful has any unusual turbidity, or taste, or smell. If it has, boil it before use, or filter.

"The filtration of water is not difficult, even if you cannot afford to buy a regular filter. The compressed charcoal blocks are cheap and good; if they clog, rub them gently with a towel, or, if that does not clear them, with a hard brush; if they are still clogged, they must be gently scraped with a knife. Particular care should be taken that the filter be often cleaned with muriatic acid, and then well washed to remove the dead animalcula that will have collected.

"If the charcoal block is too expensive, a simple

filter can be made as follows: — Get a common earthenware garden flower-pot; cover the hole with a bite of zinc gauze or a bit of clean-washed flannel, which should be changed from time to time; then get some rather small gravel, wash it very well and put it into the pot to the height of three inches, then get some white sand and wash it very clean, and put that on the gravel to the height of three inches; then buy two pounds of animal charcoal, wash that also by putting it into a jug and pouring boiling water on it, then, when the charcoal has subsided, pour off the water, and put some more on for three or four times. When the charcoal has been well washed, put it on the sand and press it well down. Have four inches of charcoal if possible. The filter is now ready; pour water into the pot, and let it run through the hole into a large glass bottle.

"After a time the charcoal will get clogged, take off a little from the top, and boil it two or three times, and then spread it out and let it dry before the fire. It will then be as good as ever. From time to time all the charcoal and the sand also may want washing. The sand may be put over the charcoal, and not between it and the gravel; but this plan sometimes leads to the charcoal being carried with the water through the gravel and out of the hole. The sand stops it.

"By filtering in this way, and by boiling the water, many dangers are done away with.

"If you have a rain-water tank, always filter the rain-water before using it for drink or cooking, as rain-water often is collected from dirty roofs, or becomes impure in the tank. If you live in the country, either on a chalky or gravelly soil, and the well and cesspit are near together, you never can

be safe from possible contamination of the water. Do all you can to get your landlord to remove the cesspit, or, better still, to give you a dry-ash or earth-closet.

CLOSETS.

"As by far the greatest evils in a house arise from the air or water being made foul by ill-arranged or dirty closets, or by escape of foul air from drains, you cannot take too much care. If living in a town, insist that all the occupants of the house who use the same closet shall be careful to keep it clean; take care it never gets stopped, and have it looked to if it does. You may often be at the mercy of a bad landlord, or of careless fellow-lodgers, but still much may be done by perseverance. Take care also that about three times a week the pan (if it is a water-closet) is nearly filled with clean water; then pull up the handle, and let the water rush down and clear out the pipes. Do this two or three times.

"If when the water thus rushes down you perceive foul air coming up, the pipe is both dirty and wants ventilation, and the landlord should be pressed to put in a pipe and to properly ventilate the soil-pipe.

"It is very little use letting a small stream of water run continually down a closet-pipe; it is simply a waste of water; a strong forcible stream every now and then is the proper plan.

"Be careful to let nothing be thrown down the closet; people foolishly throw all sorts of rubbish down, and the consequence is frequent choking of pipes, and then great annoyance to everybody, and expense. Keep the closets entirely to their proper uses.

"If you have an earth or ash closet, you can get

plenty of dry earth in the summer by spreading the earth out in the sun; or, in winter, by putting the earth under the kitchen grate for five or six hours.

"If you use ashes, and throw them on with a shovel, take care they are put all over the excreta.

"If you have a garden, put the material from your earth-closet into a hole in the ground every week, and then, when you can do so, dig it in for manure. Take care it is as far as may be from your well.

"As good an earth-closet for a cottage as any, is simply a zinc bucket coming up close to the wood of the seat, and with a handle to enable it to be lifted out. The wooden top of the seat should be made with a hinge, so that it can be lifted up, and the bucket removed and emptied from time to time. Very little earth is necessary if no slops are thrown into the bucket, and the earth can be thrown in with a shovel.

"About fifteen to twenty shillings covers the cost of this.

"All places of this kind, as well as water-closets, require attention and give a little trouble; but he must be the most careless of mortals who, in a matter so important to health, will not give half an hour's work every week to preserve cleanliness, and really no more time is demanded than this.

A FEW WORDS ON FOOD AND COOKING.

"The subject of cooking and receipts is too large for me to enter upon; indeed, the rules as to heat (whether it should be moderate or great, whether there should be simmering or boiling, etc.), and as to preparation and cutting up of vegetables (so as not to crush them and lose the juices), and as to the

time of cooking and flavouring, and other points of the like kind, require actual practice in a kitchen. It is earnestly to be hoped that women generally, both well to do and poor, will in time to come, all be instructed in this most necessary art.

"All foods require different kinds of cooking. Indian corn, even if crushed, requires soaking for five or six hours before cooking, and the meal even has to be boiled for two hours at least; otherwise it may irritate the bowels. Oatmeal requires quick boiling, and thorough mixing and stirring all the time; hence the term 'stirabout' given to oatmeal porridge. Rice requires careful washing, and often a little soaking in cold water before boiling. Peas and pea-meal require a good deal of slow heat.

"Many of these foods mix well together, and are improved by the mixing; they are more palatable, and perhaps more digestible. For example, Soyer, in the Crimea, recommended a simple pudding, made of 1 lb. of pea-meal, ½ lb. of Indian corn meal, 1 oz. of dripping, ½ oz. of salt, and ¼ lb. of treacle. This makes a very nutritious and palatable pudding, when well mixed and cooked. He recommended one with the same quantities of peas and Indian corn, but leaving out the treacle, and adding another ounce of dripping and ¼ lb. of fat bacon. In the same way macaroni, which is not half used enough, can be mixed with common cheese, and becomes very palatable and nutritious, and is still a very cheap dish. Oatmeal, again, mixes very well with fat bacon, and forms a most nutritious dish. Rice and wheat flour, again, mix admirably in puddings; and rice-water, with a little lemon or cinnamon, is an excellent drink.

"With vegetables, potatoes and onions are cheap,

and both are most useful; onions give flavour to almost everything, besides aiding digestion.

"But there is really no end to the combinations and the variety which can thus be introduced into food, even when the supply of meat must be limited.

"The excessive monotony of many poor men's diet ought not to exist, and will not exist when cooking is better understood by working men's wives. At present, many of them look to the baker for bread, and buy a little inferior meat; and this often badly roasted or stewed, with tea and a little butter, and a few simply boiled potatoes, forms the almost invariable diet. This is really to neglect the riches within reach.

DRINKS.

"If you wish to keep good health to old age, never touch spirits, wine, or beer.

"Abstain from these altogther, especially whilst eating, and spend the money in more food or better clothing.

"It is astonishing how much may be done with the money spent on beer, wine, and spirits.

"Instead of beer, there are various agreeable drinks, which are good tonics, and help digestion.

"If a little rice is washed in cold water, and then is boiled in a good deal of water, the fluid, if a little honey or treacle be added, is a pleasant and nutritious drink. It is much used in India by our men. In winter it may be taken warm, in summer cold; and in summer, if you buy an ounce of powdered tartaric or citric acid, which is very cheap, and put a small quantity in this rice-water, a very refreshing acid beverage is obtained. You will soon learn when you have got acid enough—and it should not be too acid;

only just enough to be pleasant. The boiled rice, of course, must be used as food.

"If you live in the country, and can get skimmed milk, nothing can be better, both for you and your family, than to drink this at dinner and supper. It is well always to boil it, and a little honey makes it still more agreeable; no acid must be added to this.

"If you have a garden, and can get either currants or raspberries, the pressed juice, boiled in water, and then mixed with a little tartaric acid, and bottled, will keep a long time, and is a very wholesome and agreeable beverage. A little oatmeal, boiled in water, and then a little honey added, also gives a good drink. So that you can have a choice of beverages if you find the want of something besides water. But if you can get to like plain water, you are a lucky man.

"When you have any heavy work to do, do not take either beer, cyder, or spirits. By far the best drink is thin oatmeal and water, with a little treacle. The proportions are a $\frac{1}{4}$ lb. of oatmeal to two or three quarts of water, according to the heat of the day, and your work and thirst: it should be well boiled, and then an ounce or $1\frac{1}{2}$ ounces of treacle added. If you find it thicker than you like, add three quarts of water. Before you drink it, shake up the oatmeal well through the liquid. In summer, drink this cold, in winter hot. You will find it not only quenches thirst, but will give you more strength and endurance than any other drink. If you cannot boil it, you can take a little oatmeal mixed with cold water and honey; but this is not so good: always boil it if you can. If at any time you have to make a very long day, as in harvest, and cannot stop for meals, increase the oatmeal to $\frac{1}{2}$ lb., or even $\frac{3}{4}$, and the water to

three quarts, if you are likely to be very thirsty. If you cannot get oatmeal, wheat flour will do, but not quite so well.

"It is quite a mistake to suppose spirits give strength: they give a spurt to a man, but that goes off, and if more than a certain quantity be taken, they lessen the power of work.

"For quenching thirst, few things are better than weak coffee and a little honey. One ounce of coffee and half an ounce of honey, boiled in two quarts of water and cooled, is a very thirst-quenching drink. Cold tea has the same effect; but neither are so supporting as oatmeal. Thin cocoa also is very refreshing, and supporting likewise, but is more expensive than oatmeal."

I feel that I have done scant justice to the important question of food, and should have devoted much more attention to that subject but for the fact that far abler advocates of food reform are in the field. Dr. Nicholls has spent an active and long life teaching what to eat, drink, and avoid. I have watched him for many years, and when I say he has done good work, and done it well, I only express a small moiety of my own admiration for the man and his successful labours in a noble cause. Others have followed in his footsteps, until powerful and intellectual organisations have become the nucleus from whence this much-needed subject receives its impetus. I look forward to the accomplishment of a mighty work from the efforts of these societies: they have become established in many important towns in Britain, and the publications issued on Food Reform are accessible to all, rich and poor, and will well repay their perusal.

The "Dietetic Reformer," formerly known as the

Vegetarian Messenger, is a high-class monthly, and should be in every house.

A host of other cheap and able works are published on this subject. Hence I feel that this matter is in far better hands than mine, and with all my heart I wish it God-speed.

RULES FOR THE SICK-ROOM, ETC.

Nothing retards convalescence more than a scanty supply of pure air, and fresh pure water, both for breathing and drinking freely, and the free contact of both over the whole surface of the body.

No food or medicine should be prepared in the patient's room.

There should be no washing of floors, etc., during occupation of the room.

Clothing, bedding, etc., should be aired in an adjoining room.

All excreta should be immediately removed and thoroughly disinfected, before being poured down the closet or buried.

In infectious diseases, isolation is an important matter. The room should be as barely furnished as possible, and free from carpets or pictures, etc., and a sheet hung before the door, saturated with a solution of acetic acid, in which any one of the following, thyme, lavender, southernwood, wormwood, mint, or tansey, has been steeped, and the floor sprinkled with lavender water, or thymol, or myrrh, or frankincense, or the fumes of burning coffee, or Stockholm tar, or oil of erigeron, or cedar, or oil of geranium.

All articles of small value should be burnt. Cats and dogs should be strictly kept out of the room;

and when contagious or infectious diseases are prevalent, stringent measures should be applied to those animals; for if cats or dogs are allowed to have free access to your house, after roaming about among others, and in dust-bins and other dirty places, where careless people throw their refuse, and often diseased matter, what can we expect but the spread of horrible diseases? I am strongly of opinion that thousands fall victims to this cause during epidemics.

All milk used in the family should be brought to boiling point, before drinking.

All soiled linen, etc., should be put into a vessel of water, with disinfectants, and then boiled before being washed.

The attendants should be careful about their own hands and apparel, before leaving the sick-room.

After convalescence, the room should be thoroughly cleansed, disinfected, and well aired. One of the best means is, to close all outlets, thickly strew the floor with chloride of lime, and leave it closely shut for a week; then, with a garden can, sprinkle the floor with water, and with a bass broom flush the floor; let it stand a week longer, then, scrape off the lime and wash. These means will prove effectual in most cases; but great care is really necessary. I remember a case of some visitors to Boulogne being attacked with measles after a week's sojourn, and when inquired into it was discovered that several people suffered from that disease twelve months previous in the same house, which to all appearance was clean and well cared for, and cleverly managed but evidently had not been thoroughly disinfected: hence the sequel.

Sunlight, it should never be forgotten, is of the greatest importance during the prevalence of epidemic

diseases, and where possible it should have free access to the sick-room. It is a noted fact that those sides of streets in towns and cities that suffered from cholera and other diseases had very much the greatest mortality; and in some cases, the side on which the sun never shone suffered the greatest desolation, whilst the sunny side of the same street was almost free: therefore, except in inflammatory diseases, or where the eyes or brain are affected, sunlight is of the first importance for the physical development and maintenance of health.

A fire should be kept constantly burning night and day, to promote ventilation, etc.

If the season will permit, the windows should be wide open from top to bottom, but not a few inches: that causes a draught. All small openings are dangerous; the window should be fitted with a light wooden frame about three inches by half inch; fine gauze should then be tacked on both edges, covering the whole orifice. This will form a double screen, or air-rarifier, or filter, with a space of three inches between, and will so rarify and filter the incoming fresh air as to render it perfectly safe; and the most delicate need never fear catching cold. The edges should be made to fit closely all round; the space at the bottom may be utilized for any disinfectant or perfume, by placing a soap-dish or two between, and filling the same with acetic acid, thymenal or mint, or other sweet-smelling plant. Every sweet-smelling herb is antiseptic, and will tend to destroy infection.

A LIST

OF SOME OF THE VARIOUS

BOTANIC PREPARATIONS

SPECIALLY USEFUL IN EVERY HOUSEHOLD, AND KEPT IN STOCK FOR IMMEDIATE DISPATCH TO ANY PART OF THE WORLD.

"The men who hide the virtues of the Creator's free gifts to His children, in order to grow rich, are lacking in their duty to God and man, and misunderstand their mission."

In order that our readers may obtain pure and reliable fresh botanic remedies, I have spared no expense or care in my arrangements, to have all English herbs, roots, barks, etc., fresh gathered, properly dried, and put up in neat packets, both for sending to customers and for keeping ready for use. These packets are in a form that will occupy little space, with well-designed printed labels, with the names of the herbs and the medicinal properties clearly defined thereon, and at a moderate price consistent with quality. My long acquaintance with the flowers of the field, and yearning desire to see the practice of medical botany impartially brought before the public, and properly tested by them, will plead as some guarantee for my careful attention to this department. I shall also put up the following compound preparations in equally compact form, to meet the wants of those who may not have the convenience, time, or inclination to prepare each formula.

COATED TASTELESS PILLS.

The coating contains nothing of a resinous nature, or anything that would render them insoluble.

APERIENT PILLS (STRONG).

Per Box

P. Gamboge, P. Aloes, Soc., P. Mandrake, P. Rhei, E.I., P. Cayenne, P. Mandrake, Ext. Dandelion .... 6d.

APERIENT PILLS (MEDIUM).

P. Rhei, E.I., P. Jalap, P. Aloes, Soc., P. Ginger, P. Cayenne, P. Mandrake, Ext. Dandelion .... 6d.

LIVER PILLS.

Podophylin, ½ gr.; Leptrandrin, 1 gr.; Sanguinaria, ½ gr.; Ext. Tarax., 2 gr. ..... 9d.

INDIAN PILLS.

P. Rhei., P. Aloes, Soc., P. Cayenne, P. Curcuma, P. Valerian, Ext. Sarzæ..... ..... 6d.

INDIGESTION PILLS.

Ext. Camomile, P. Cayenne, P. Golden Seal, P. Gum Myrrh, P. Rhei, E.I., P. Valerian, O.E. Spearmint .... 9d.

DIURETIC PILLS.

Podophylin, P. Cubebs, Resin Copaiba, Terebinth, Venet. Ext. Colchici, Ext. Tarax. O.E. Cubebæ .... 9d.

COUGH PILLS.

P. Ipecac., P. Scillæ, P. Gum Ammoniac, P. Lobelia Seed, P. Liquorice .... 8d.

COUGH PILLS.

Pil. Scillæ Co., P. Ipecac., Ext. Henbane ..... 8d.

Per Box.

COMPOUND LOBELIA PILLS.

P. Lobelia, H.B., P. Lobelia Seed, P. Gum Ammoniac, P. Squills, P. Cayenne ..... 9d.

FEMALE CORRECTIVE PILLS (Fox's).

Conserve Roses, P. Aloes Soc, P. Tansy Flowers, P. Gum Myrrh, P. Colocynth, P. Unicorn Rt., O.E. Spearmint ..... 10d.

FEMALE CORRECTIVE PILLS.

Ergotin, Ferri Sulph. Ex., Ext. Hellebore, Ext. Aloes, O.E. Sabin .... 10d.

GOUT AND RHEUMATIC PILLS.

P. Pot. Nit., P. Sulphur, P. Mustard, P. Rhei, P. Gum Guiaci .... 6d.

NERVINE PILLS.

Scullcap, Lupuline, Gum Assafœtida, Ext. Gentian, Ext. Valerian .... 10d.

SPERMATORRHŒA PILLS .... 1s.

COMPOUND FAMILY PILLS .... 6d.

COMPOUND PREPARATIONS.

COMPOSITION ESSENCE .... 1/- per bottle.

CELEBRATED COMPOSITION SYRUP.
1/- per bottle.

Invaluable non-alcoholic beverage, a substitute for brandy, or other kinds of spirits, having tonic and stimulating effects over the whole system, with directions for use.

DIARRHŒA OR BOWEL COMPLAINT MIXTURE, 1/- per bottle.

HOP TONIC BITTERS .... 1/- per bottle.

IRISINE,

THE CELEBRATED

HERBAL BLOOD PURIFIER.

Clears the skin, and eradicates all impurities from the blood.

This invaluable preparation is obtained by a special process from the root of the blue flag (iris versicolor) and other powerful alterative medicines. It is recommended with the greatest confidence for eruptions and irritation of the skin, weakness, lassitude, and the numerous disorders arising from impurity or impeded circulation of the blood. (See Prescriptions Nos. 1 and 2 below.)

Dose :—A dessert-spoonful in a wineglass of water, three times a day.

In 3 oz. bottles at 7½d. ; 6 oz., 1/1½.

COUGH MIXTURE (No. 1).

1/- per bottle.

For bronchitis, whooping cough, asthma, sore throat, difficulty of breathing, and all affections of the throat and chest.

COUGH MIXTURE (No. 2) .... 1/- per bottle.

These remedies are prepared according to the prescriptions given in the book.

OUR CHOLERA MIXTURE.

Prepared according to the prescription given for cholera, 1/- per bottle.

This mixture should be kept in every house.

HOP TONIC BITTERS

(WITH A WELL-DESIGNED LABEL).

Composed of hops, buchu, mandrake, dandelion, etc.

It is the best of all medicines for spring and autumn changes. Imparts stamina to the constitution, and is a general regulator of the system.

DOSE :—One tablespoonful, three or four times a day.

In 6 oz. bottles, 1/- each

BALSAM OF HOREHOUND AND ANISEED.

An excellent remedy for coughs, colds, whooping cough, bronchitis, asthma, sore throat, tightness or soreness of the chest, difficulty of breathing, hoarseness, and all affections of the throat, chest, and lungs.

DOSE :—Two teaspoonfuls, three times a day, or whenever the cough is troublesome.

Children under twelve years of age, half the quantity.

In bottles, 1/1½, and 2/9 each.

A NEW DISCOVERY FOR CLEANSING CHILDREN'S HEADS.

Far superior to precipitate powder.

DIRECTIONS :—To be rubbed into the roots of the hair with a piece of linen rag or sponge.

In 1½ oz. bottles, 3d.

FRAGRANT DENTALAVE.

For whitening the teeth and hardening the gums far superior to any other preparation for the teeth.

DIRECTIONS :—Place the tooth-brush in water, and

sprinkle with the fragrant dentalave, and brush the teeth vigorously for a few seconds; a beautiful white fragrant foam will form, which is delightful, arresting all parasites, decay, etc.

Sold in patent sprinkler bottles, 1/- each.

ROYAL DENTIFRICE.

By the daily use of this tooth powder, the teeth will be rendered beautfully white. It gives a healthy firmness to tender gums, corrects impurities of the breath, and preserves the enamel from decay.

In boxes, 6d. each.

CELEBRATED GOUT AND RHEUMATIC LINIMENT.

The best remedy for gout, rheumatism, lumbago, sciatica, etc.

DIRECTIONS FOR USE.—To be well rubbed into the part affected three times a day. In 4 oz. bottles, 1s.

All these liniments are magnetized.

Our phosphor oil, as prescribed, magnetized, 1s. per bottle.

Liniment for cuts, ulcers, bruises, gatherings, etc., for general family use, 1s. per bottle.

Also any of the tinctures, liniments, etc., as prescribed, either separate or compounded.

All the tinctures are the same as the strongest mother tinctures dispensed by the homœopathic chemists, at half the price, and are reliable.

INGREDIENTS FOR MAKING INVIGORATING HOP TONIC.

Composed of best hops, dandelion, mandrake, sarsaparilla, etc.

DIRECTIONS FOR MAKING BITTERS.

Put the contents of a packet in a pint and a half of water, simmer for twenty minutes, strain carefully, and drink a wineglassful three times a day.

FOR MAKING HERB BEER.

Put the contents of the packet in three pints of water, and boil for fifteen minutes; strain and dissolve one pound of honey or treacle in the liquor; add three quarts of cold water, and two tablespoonfuls of fresh barm. Let it stand twelve hours before bottling. In packets at 3d. and 6d. each.

HERB BEER EXTRACT.

This concentrated fluid extract is composed of the best English herbs, including hops, dandelion meadowsweet, and burnet or horehound; and makes an excellent *Herb* or *Botanic Beer*.

It saves the trouble of boiling herbs, and will be found economical and useful for the immediate production of this much esteemed non-alcoholic drink.

It gives a good colour, flavour, and body, with a creamy head, like bottled ale. It is very wholesome and refreshing, and a good digestive, nervine, tonic, antiscorbutic; and its constant use will cure gout and all diseases arising from uric acid.

Directions for Use.—Add two tablespoonfuls of the Herb Beer Extract to two pounds of honey or treacle; pour over them one gallon of boiling water, and stir until dissolved; then add one gallon of cold water and three tablespoonfuls of good barm, or one ounce of German yeast. Let it stand in a warm place for six hours, and bottle for use.

In bottles, 6d. each.

TOOTHACHE DROPS.

A few drops to be applied to the tooth, on cotton wool.

In one drachm bottles, 3d. each.

COMPOUND HERBAL PACKETS.

COUGH AND COLD HERBS.

Put the contents of this packet into a pint of water, and simmer for twenty minutes. When cold, strain, and take half a teacupful three times a day, well sweetened.

Price, 3d. and 6d. per packet.

CAMOMILE OR TONIC BITTER HERBS.

Put the contents of this packet into a pint of water, and simmer for twenty minutes. When cold, strain and take half a teacupful three times a day.

Price, 3d. and 6d. per packet.

FEMALE CORRECTIVE HERBS.

Put the contents of this packet into a pint of water, and simmer for twenty minutes. When cold, strain, and take half a teacupful three times a day.

Price 3d. and 6d. per packet.

NERVINE HERBS.

Put the contents of this packet into a pint of water, and simmer for twenty minutes. When cold, strain, and take half a teacupful three times a day.

Price, 3d. and 6d. per packet.

INGREDIENTS FOR MAKING ONE QUART OF JAMAICA SARSAPARILLA.

For purifying the blood and strengthening the system.

DIRECTIONS.—Add to these articles two quarts of cold water, and let it stand all night; next day simmer down slowly for six or eight hours, till reduced to one quart; when cold, strain off. It must be kept in a cool place.

DOSE:—A wineglassful to be taken three times a day. Children under twelve years of age, half the quantity. In severe cases, double the quantity may be used with advantage. 1/- each.

WINTERBALM LOZENGES.

(TITLE REGISTERED.)

These Botanic Lozenges, recently introduced, have been a great success. Composed of the finest demulcents and expectorants, delicately flavoured and purely botanic. They are invaluable to public speakers and singers.

During the winter months, and especially in foggy weather, they should be taken by everyone.

They contain no morphia or dangerous ingredient. Price per ounce, 2d.

HERB-BEER EXTRACT.

In 6d. bottles. Makes a splendid herb-beer; saves trouble, requires no heading, and has given general satisfaction.

LIQUOR KAVA KAVA CO.

Composed of kava kava, prince's pine, poplar bark, and uva ursi.

Used for gonorrhœa, gleet, and affections of the urinary organs. I recommend this preparation as a very effectual remedy in the above diseases, without the nauseousness of bals. copaiba, buchu, etc. In 1s. 6d. bottles.

ALTERATIVE, OR ANTI-SYPHILITIC.

(CONCENTRATED.)

Composed of stillingia, Turkey corn, blue flag, poke root, prickly ash, and burdock root. In 1s. 6d. bottles.

ANTI-SPASMODIC DROPS.

Unequalled for all spasmodic affections, convulsions, cramp, and all internal pains. In 1s. bottles.

MY CELEBRATED STOMACHIC.

For acidity, heartburn, flatulence, constipation, and all kidney troubles.

It is superior to all advertised nostrums, and is safe, pleasant, and effective. It is composed of burnet, kidneywort, dill seed, and barberry bark, sweetened with glycerine.

From a teaspoonful to a tablespoonful, taken after meals, will strengthen the most delicate stomach and prevent acidity, thereby starving out gout, and all diseases caused by uric acid.

The barberry bark keeps the gall in healthy activity; the kidneywort heals, strengthens, and invigorates the kidneys. The burnet has no equal in preventing acidity, heartburn, etc.; it is also a good nervine and heart tonic. The dill seeds are pleasant and agreeable to the stomach, soothing, healing, and demulcent, etc.

As a substitute for wine, it will be found very serviceable to those who profess to be unable to dispense with that beverage, by adding to every pint of the stomachic half a pint of brandy; but it is better without.

Sent by post, securely packed, 4-oz. bottles, 1s. 6d.; 8-oz. bottles, 2s. 9d.

Carriage extra in all cases.

This is no mysterious compound; I have little faith in such.

All other oils, liniments, salves, plaisters, pills, lotions, tinctures, compounds, etc., I will send to any part, per parcel post, on receipt of a postal order for the full amount; or stamps for any sum under one shilling.

Orders or cheques to be made payable to D. Younger, 22, Ledbury-road, Bayswater, London.

NOTICE.

Mr. Younger is prepared to give advice in all complicated diseases, by post, on receipt of stamped directed envelope. In these cases the utmost confidence is desirable, and the strictest secrecy may be depended upon.